

AUTOMATED CALENDAR 21-DAY HABIT-BUILDING PLANNER

| 21 Days habit formation 2023 Year 5 moon 25 day | | | | | | | | | |
|---|---------|-----------|----------|--------|----------|--------|---------------|----|-------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | habit tracker | | Notes |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 4 | 5 | 6 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 7 | 8 | 9 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 10 | 11 | 12 |
| 29 | 30 | 31 | | | | | 13 | 14 | 15 |
| habit tracker | | | | | | | | | |
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Notes:

do not change the date entry!

Year, month, day and calendar are automatically generated!

Graphs can be broken down into up to 1 small tasks

Social Buzz Habit Building Planner

Dr. A. Shanker



Social Buzz Habit Building Planner:

The 90-Minute Life Makeover MD Amrahs, 2025-08-07 This book is a practical guide for people who want real change but feel overwhelmed by busy schedules and information overload Instead of promoting dramatic overhauls it introduces a sustainable method one focused 90 minute block per week The book offers 16 concise chapters filled with clear tools from psychology science and daily life no jargon just actionable steps Whether your goals involve health creativity relationships or mindset the structure flexes to fit Each chapter ends with tasks you can complete in a single session helping build confidence and momentum You ll learn how to break stuck habits clarify goals manage energy improve self talk and handle stress with simple rituals The language is gentle and direct ideal for teens parents professionals and solo learners By the final chapter you ll own a repeatable flexible system for steady growth even through life s curveballs It s not about perfection it s about progress you can see and sustain

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