

A large, horizontal, yellow brushstroke graphic with a textured, painterly appearance, serving as a background for the title text.

WHELMSPACE HABIT MASTER

For successful 2024

**“Success is the product of daily habits;
not once-in-a-lifetime transformations”**

-James Clear

HABIT MASTER

Month: December 2023	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Meditation	✓	✓	✓																														
Give thanks/pray	✓	✓	✓	✓																													
Workout / Run / Swim / Dance	S	D	✓	R																													
Stretch / Yoga	✓	✓	✓	✓																													
Consume 30 Veggies	✓	✓	✓	✓																													
Play with my Doggie	✓	✓	✓	v																													
Journal	✓	✓	✓	✓																													
Read	✓	✓																															
Sleep before 10 PM			✓	✓																													

Above is a real-life example of how I use the Habit Master sheet.
 On the next few pages, you will find your own Habit Master sheets for 2024. Print them out, and use them to your advantage, however you see fit.

Just in case you were wondering about some tips on how to get started, here are some pointers:

1. Print out the sheets provided on the next pages.
2. In the far left column, write down a few habits you want to implement in your life this month.
 - * I like to keep this list short and brief so that it is not over-whelming.
 - ** My lists usually consist of things that would benefit me physically, mentally, intellectually, spiritually. These will be different for everyone.
 - *** Have fun with it, instead of stressing out about it! Don't forget to give yourself grace and a big room to breathe.
 Even if you don't accomplish a lot of what you set out to, you will still come out of the month learning a whole lot more about yourself than if you didn't try.
3. Each day at the end of the day, take 2 minutes to reflect on your day, giving it a check mark on the things you have done.

Questions to help you kick it off:

- What are your top 3 priorities of the month?
- What is that one habit you want to build this month?
- What do your 3 priorities and 1 habit look like on your Habit Master sheet?
- How will you know that you accomplished what you wanted this month? (eg. a feeling, better relationships, etc)
- What compassionate things will you tell yourself, if you have not accomplished everything?

HABIT MASTER

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
January 2024	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

HABIT MASTER

	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T							
February 2024	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29

HABIT MASTER

March 2024

F S S M T W T F S S M T W T F S S M T W T F S S M T W T F S S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

HABIT MASTER

April 2024

M T W T F S S M T W T F S S M T W T F S S M T W T F S S M T
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

HABIT MASTER

W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT MASTER

S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

HABIT MASTER

September 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

HABIT MASTER

October 2024

T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

HABIT MASTER

November 2024	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								

HABIT MASTER

December 2024	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								