

## The #makeithappen Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

- To use this calendar: enter the date in each square and mark a ✓ when you practice or a ✗ when you don't. This will help you to see patterns so you can improve how you implement your practice in the future.

- You can also use the more advanced scheduling techniques in The #makeithappen Guide to increase the effectiveness of this tool.

- Print this calendar out to use as many times as you like by downloading it as a PDF. Select "File" on the GoogleDoc menu in the upper left, then select "Download" from the drop down menu and select "PDF Document" from the side pop-out menu. (Alternately, you can use a pre-existing paper calendar or make your own, DIY style! Get some glitter glue and go to town!)