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!)