

GET PREPARED

Set up a timetable with a precise start date. Be fully committed. This chart should help you get more organised.

Identify one issue from the list that needs improvement.	What are the specific triggers/ situations that bring out my extreme behavior?	What's my 30-day challenge?
1. <i>School/ education/ learning</i>		
2. <i>Wrongdoing/ sin</i>		
3. <i>Healthy living</i>		
4. <i>Cleanliness & hygiene</i>		
5. <i>Screen time</i>		
6.		
7.		