

Prize Planner

You can find a planner I developed on this page. The point is that you choose 4 habits per week that you want to incorporate into your everyday life. (Dress well, eat well, be nice to a stranger, exercise, meditate, etc., etc...). It is important that these tasks are not simple, but promote your physical and mental well-being! Mark each day with an X if you have met your goals and determine how many credits an X is worth. In my calendar, one credit ('x') equals one €. This will be your coupon system for your next shopping trip: do you have enough credits to buy the selected shoes?

Note: be strict with yourself and don't cheat. Believe me, it will pay off: you will appreciate your 'reward' much more and you won't buy something you'll regret later.

Példa:

	H	K	Sz	Cs	P	Sz	V
..... DAILY ME TIME	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
..... WEARING COLORS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

—————> THIS WEEK I EARNED 7 CREDITS

Week #1

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M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week #2

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M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week #3

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M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week #4

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M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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