





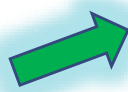
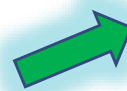




# SELF CHECK EXERCISE CALENDAR

**Objective:** Demonstrate how you are actively manifesting into your life. Direct energy toward creating more positive experiences.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Review Your Outputs</b>						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Review Your Outputs</b>			 <b>Examine Behaviors</b>	 <b>Be Mindful of Your Tendencies</b>		
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
 <b>Create Action Plan</b>	 		<b>Implement Action Plan</b>			
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
 <b>Assess Action Plan</b>	<b>Implement Revised Action Plan</b>			 		
<b>Notes:</b>						