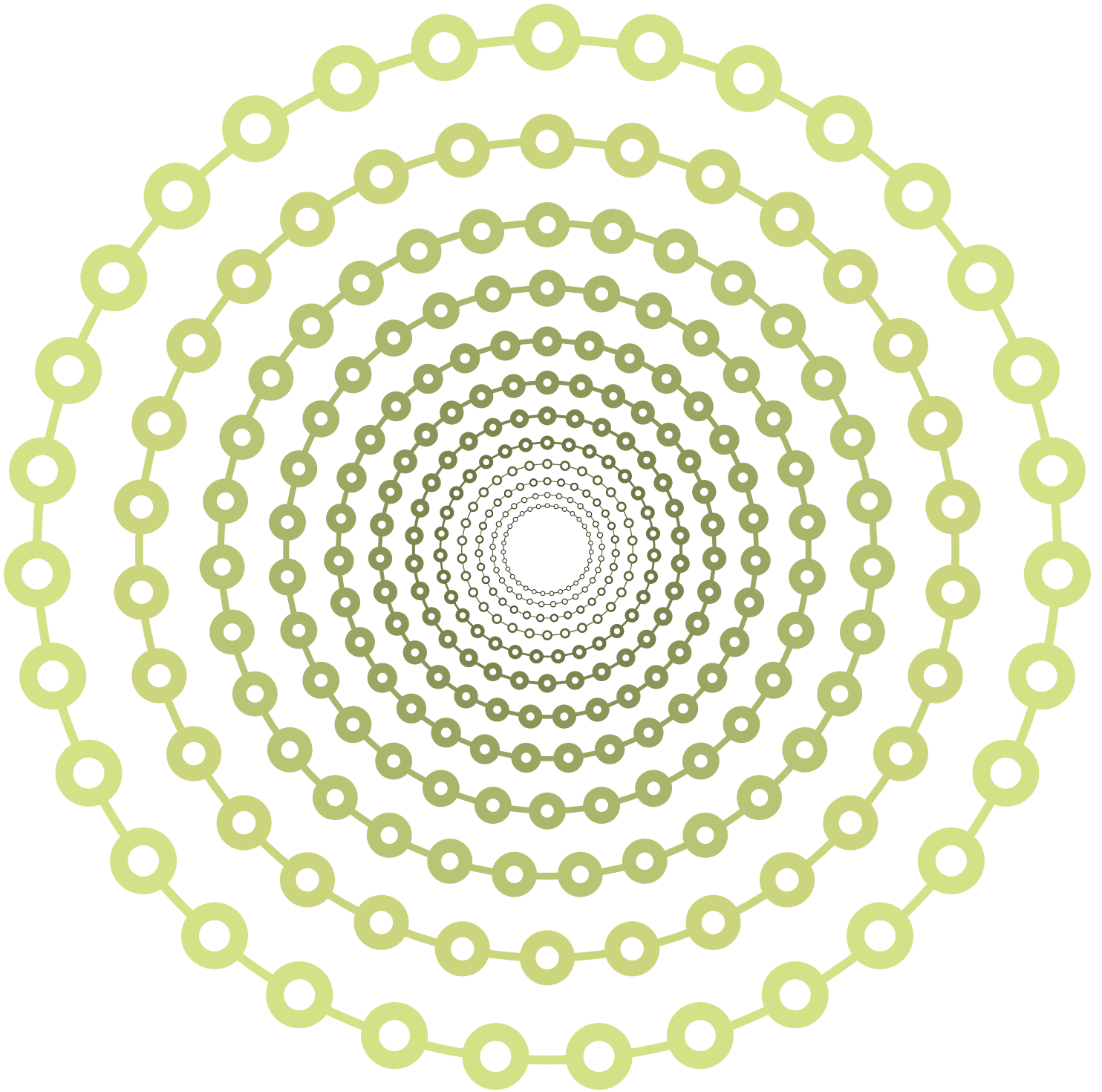


- | | | | |
|------------|---------|-------------|------------|
| ○ JANUARY | ○ APRIL | ○ JULY | ○ OCTOBER |
| ○ FEBRUARY | ○ MAY | ○ AUGUST | ○ NOVEMBER |
| ○ MARCH | ○ JUNE | ○ SEPTEMBER | ○ DECEMBER |



Do something. Do it every day.

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Decide what you want to do. Then determine a simple daily activity that will help you toward that goal. Keep it simple. 15 minutes max. Then commit to doing it every day for a year. Start small and like a plant from a small seed or ripples in water from a small stone, over time, it will grow. Just imagine what you could accomplish in a year if you did something little every single day. Now stop imagining and start doing.

EACH CIRCLE REPRESENTS A DAY. FILL IT IN WHEN YOU'VE ACCOMPLISHED THE TASK FOR THAT DAY. WATCH IT GROW.