

# IF YOU DO ANYTHING 100 TIMES YOU WILL GET PRETTY GOOD AT IT.

USE THIS GRID TO MARK EACH TIME THAT YOU DO A HOMEWORK ASSIGNMENT. THERE ARE 4 QUADRANTS IN EACH CIRCLE. YOU CAN KEEP TRACK OF 4 PIECES OF HOME WORK, OR DO ONE 4 TIMES A DAY IF YOU WISH OR JUST FILL 1 CIRCLE FOR 1 HOMEWORK. (☺ = DAY OFF) PUT THIS UP ON YOUR FRIDGE OR BATH-ROOM MIRROR AS A REMINDER OF YOUR - DISCIPLINE - MASTERY - WINS !

PERSON 1

PERSON 2

SKILL # 1 \_\_\_\_\_  
 SKILL # 2 \_\_\_\_\_  
 SKILL # 3 \_\_\_\_\_  
 SKILL # 4 \_\_\_\_\_

SKILL # 1 \_\_\_\_\_  
 SKILL # 2 \_\_\_\_\_  
 SKILL # 3 \_\_\_\_\_  
 SKILL # 4 \_\_\_\_\_

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OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.