

Diario

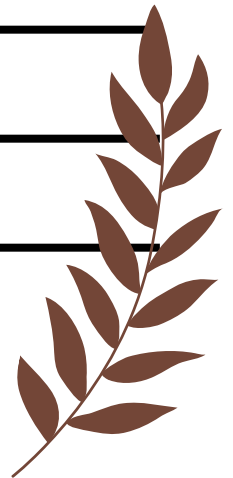
*para conseguir mis
Objetivos y Metas*



Diario de hábitos paso a paso

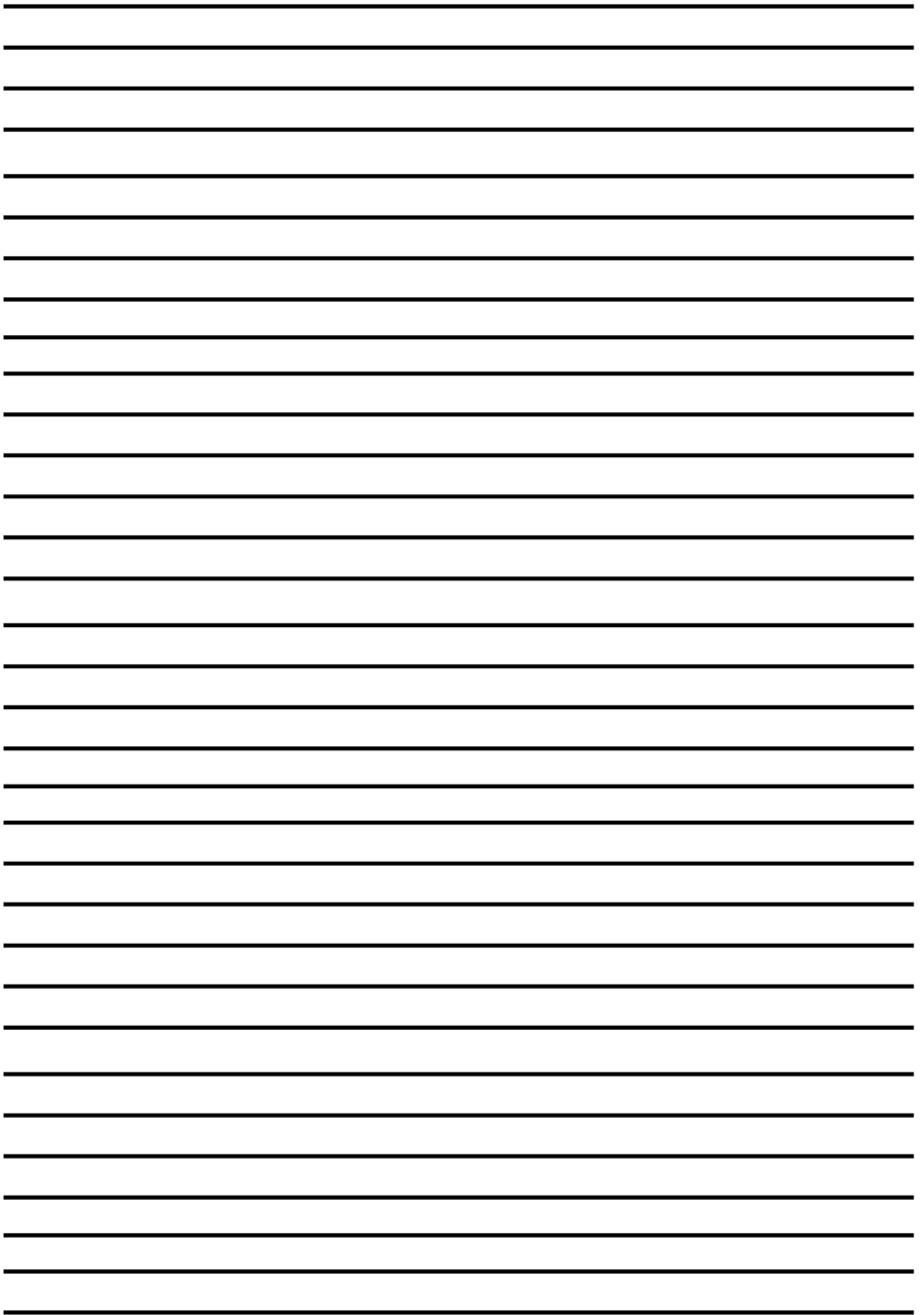


Este diario pertenece a



Contenidos

04	<u>Objetivos</u>	41	<u>Mayo</u>
06	<u>Replanteamientos</u>	46	<u>Junio</u>
08	<u>El camino</u>	51	<u>Julio</u>
10	<u>Motivación</u>	56	<u>Agosto</u>
12	<u>Hábitos</u>	61	<u>Septiembre</u>
15	<u>Objetivos-Hábitos</u>	66	<u>Octubre</u>
19	<u>Objetivos prioritarios</u>	71	<u>Noviembre</u>
20	<u>Hábitos prioritarios</u>	76	<u>Diciembre</u>
21	<u>Enero</u>	81	<u>Tracker anual</u>
26	<u>Febrero</u>	86	<u>Reto 100 días</u>
31	<u>Marzo</u>	91	<u>Notas</u>
36	<u>Abril</u>		

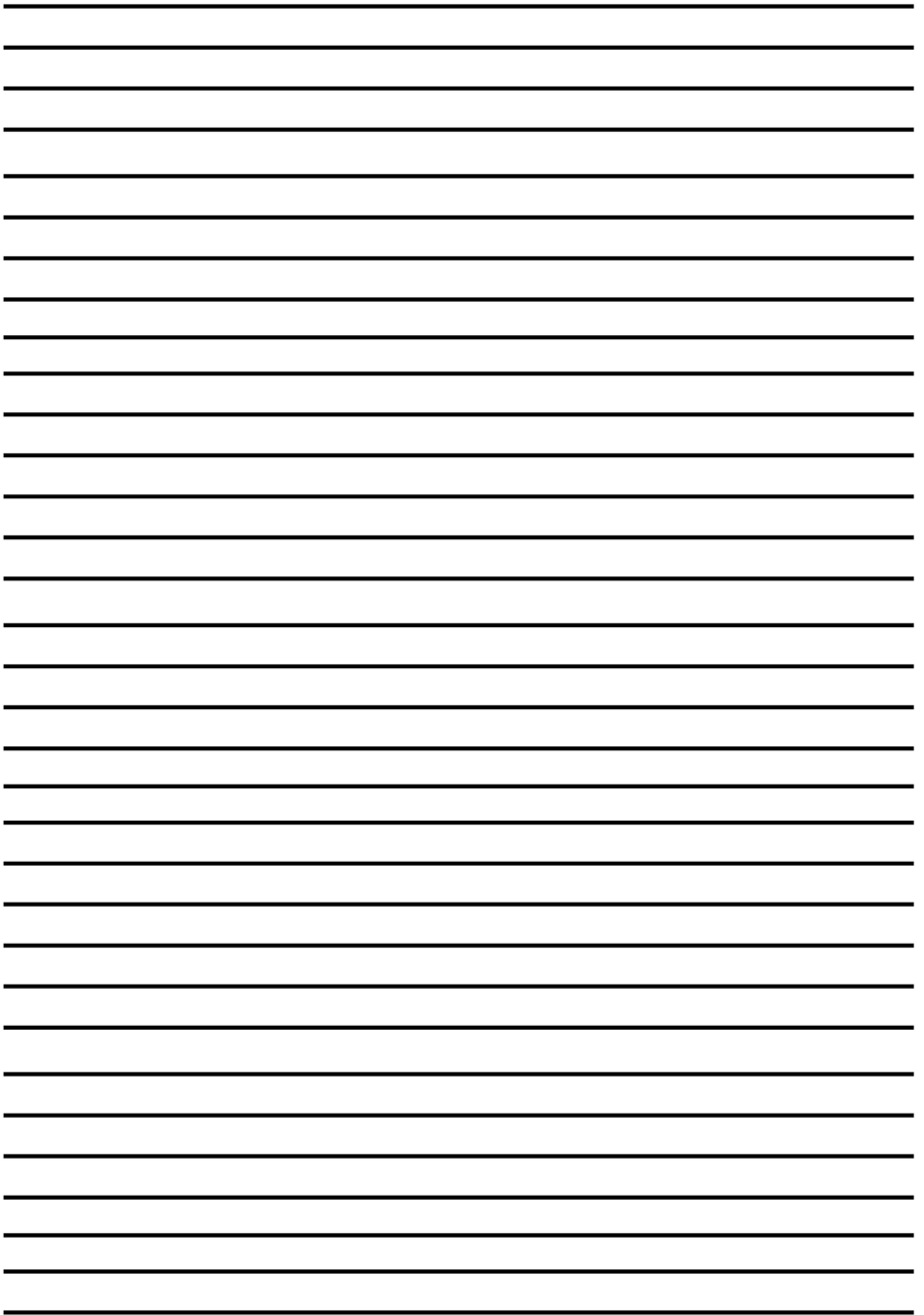


Replanteamientos

Cuáles son los motivos que me impulsan a cambiar?

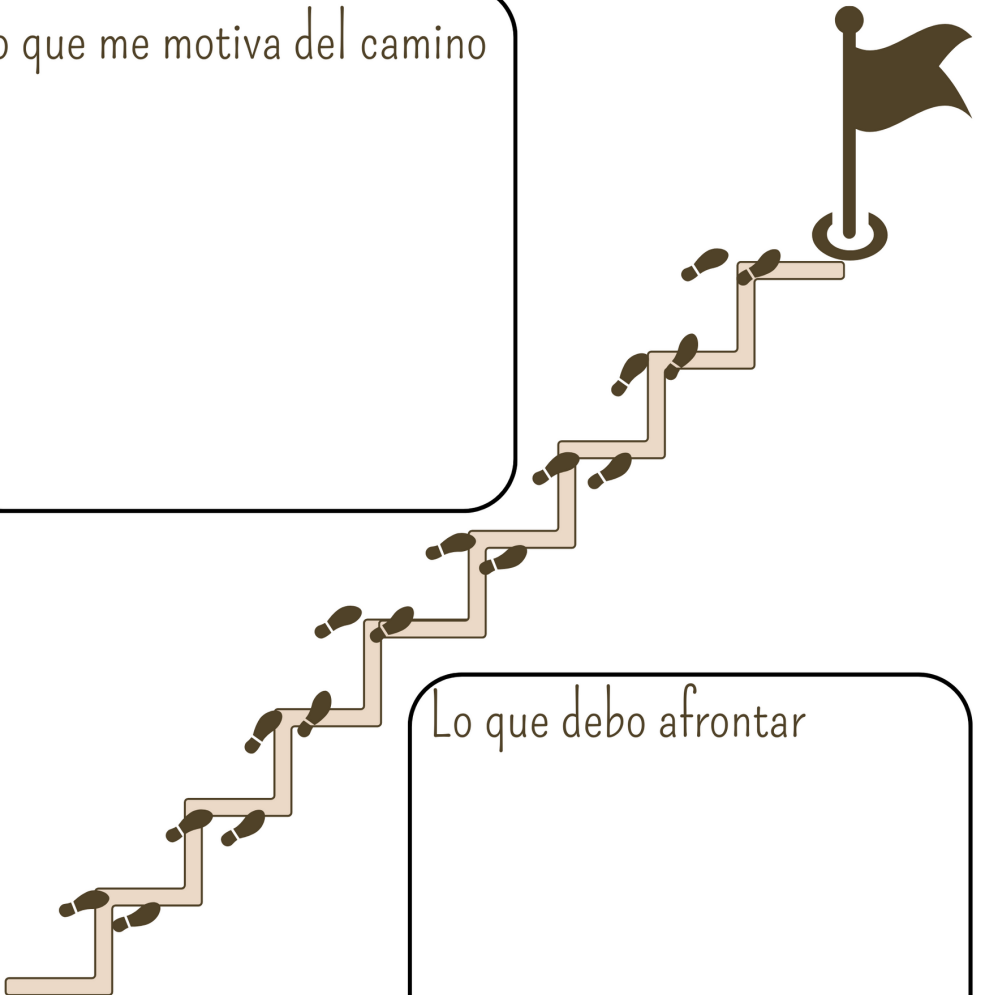
En qué me beneficiará realmente?

Me he comprometido sin importar las dificultades?

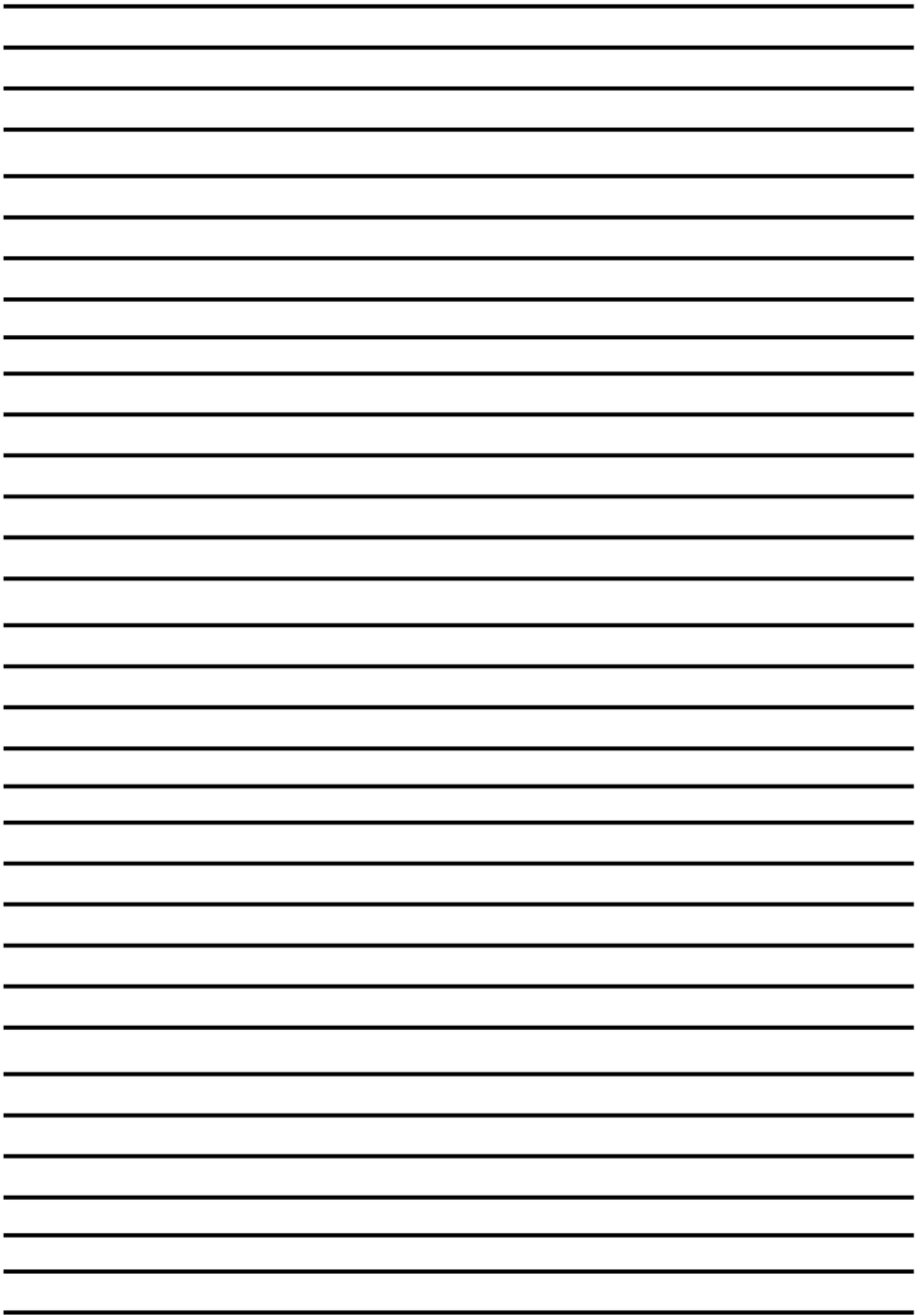


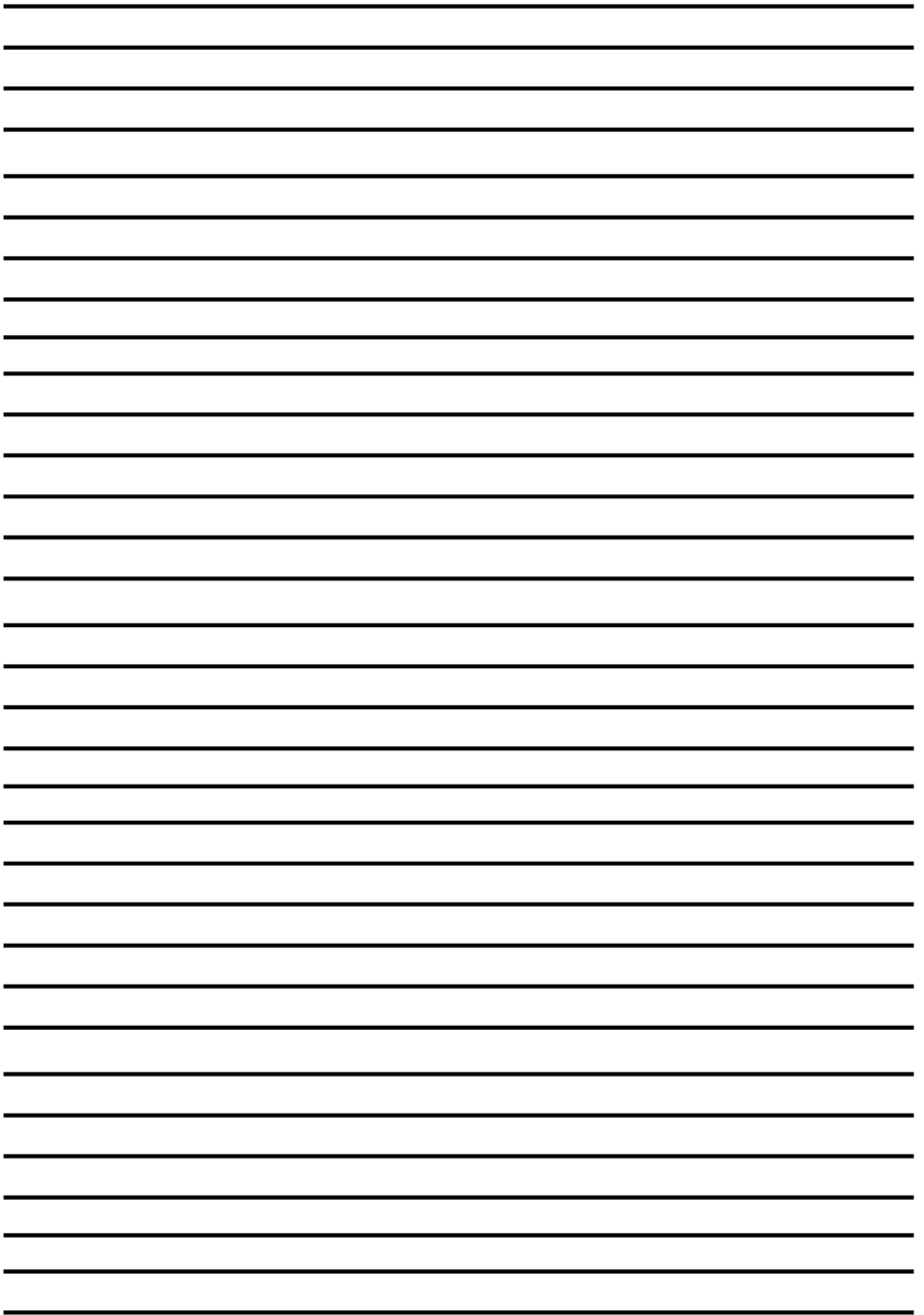
La importancia del camino y no del fin

Lo que me motiva del camino



Lo que debo afrontar





Hábitos

"Recuerda que los pequeños hábitos que cambiamos son los que nos hacen dar los grandes cambios y alcanzar nuestros objetivos"

Objetivos

Objetivos

Objetivos

Objetivos

Hábitos

"Recuerda que los pequeños hábitos que cambiamos son los que nos hacen dar los grandes cambios y alcanzar nuestros objetivos"

Objetivos

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Objetivos

Hábitos

"Recuerda que los pequeños hábitos que cambiamos son los que nos hacen dar los grandes cambios y alcanzar nuestros objetivos"

Objetivos

Objetivos

Objetivos

Objetivos

De objetivos a hábitos

Objetivo

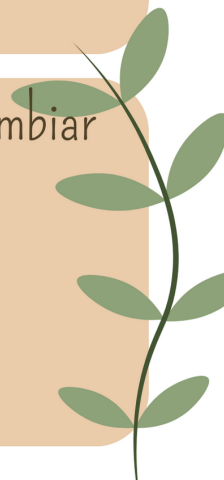
Hábitos que debo cambiar

Objetivo

Hábitos que debo cambiar

Objetivo

Hábitos que debo cambiar



De objetivos a hábitos

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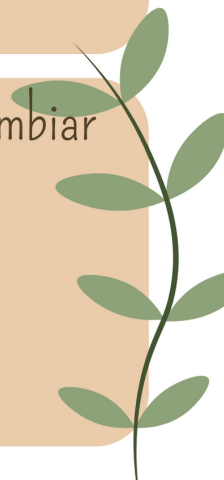
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De objetivos a hábitos

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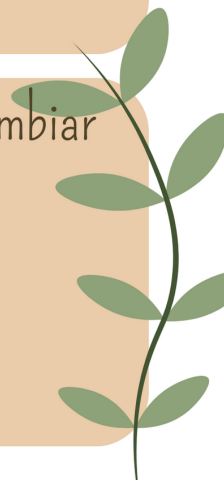
Hábitos que debo cambiar

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De objetivos a hábitos

Objetivo

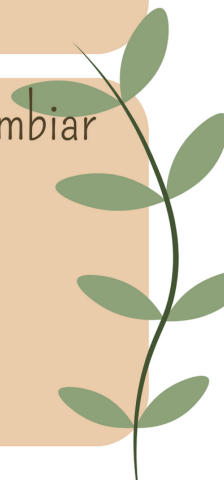
Hábitos que debo cambiar

Objetivo

Hábitos que debo cambiar

Objetivo

Hábitos que debo cambiar



Objetivos prioritarios

Debemos centrarnos en conseguir nuestros objetivos de forma escalonada, escoge alguno de los tuyos y céntrate en ellos.

Objetivo

Objetivo

Objetivo

Objetivo

Hábitos prioritarios

También debemos escoger esos hábitos prioritarios que nos ayudarán poco a poco a alcanzar nuestros objetivos principales

Lista de hábitos

Enera



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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NOTAS

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

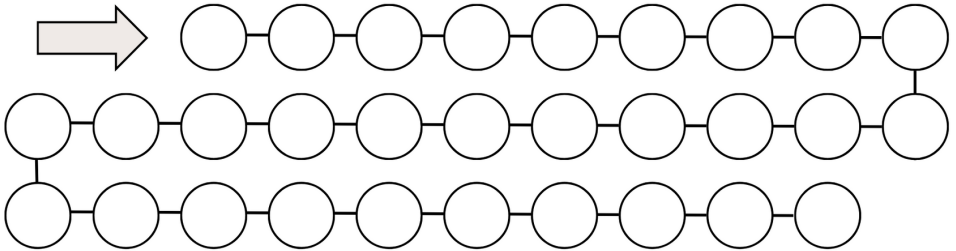
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

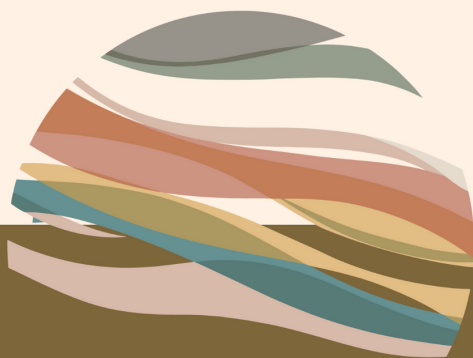
Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Febrero



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

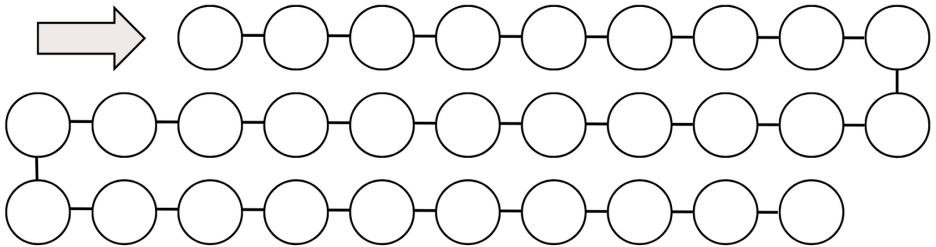
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

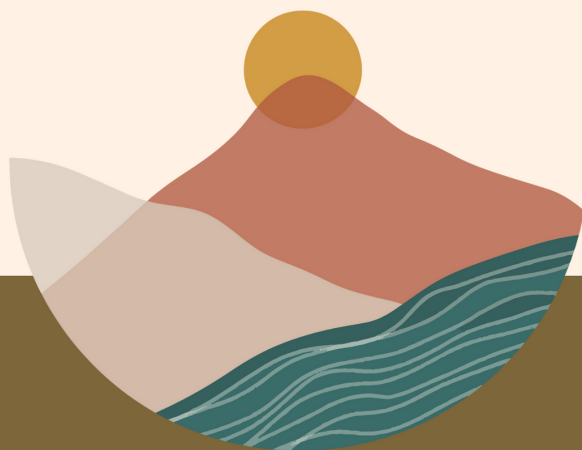
Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Marzo



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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Ficha avance de Objetivo mensual

Mi objetivo

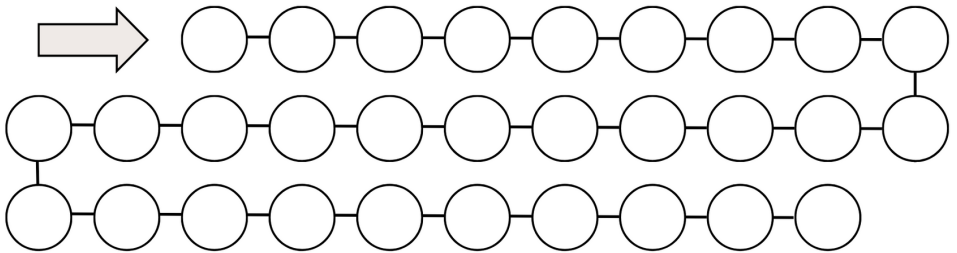
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Veamos el avance!



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Abril



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

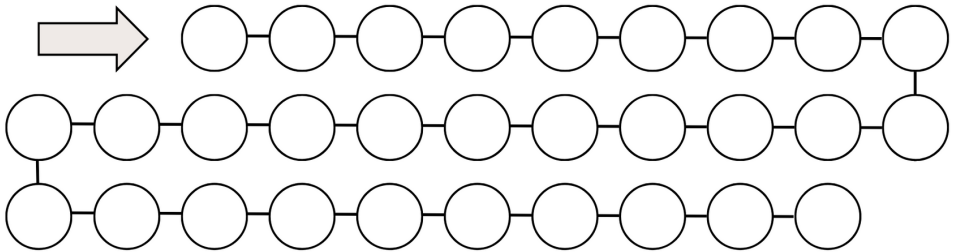
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Mayo



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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NOTAS

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

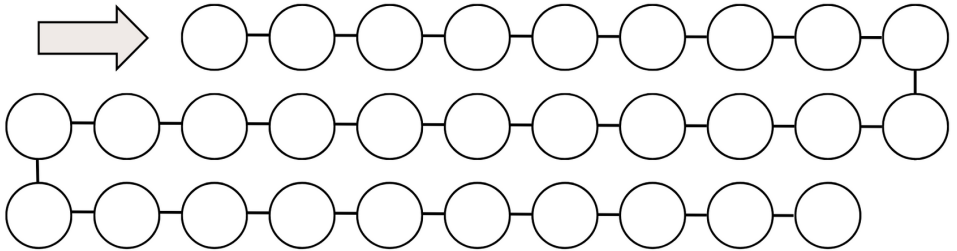
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Beneficios que me otorga

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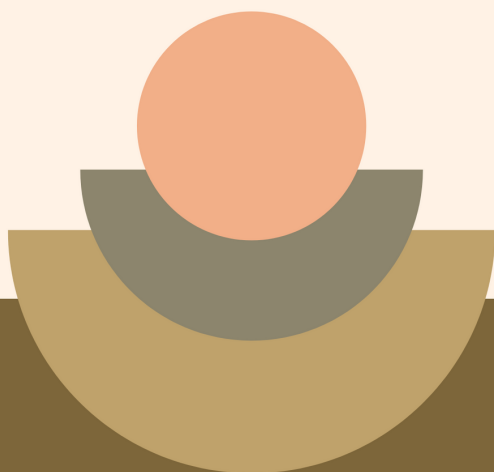
Veamos el avance!



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Junio



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

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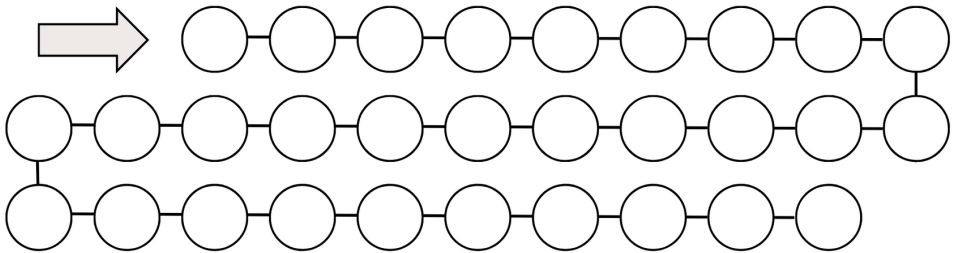
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Julia



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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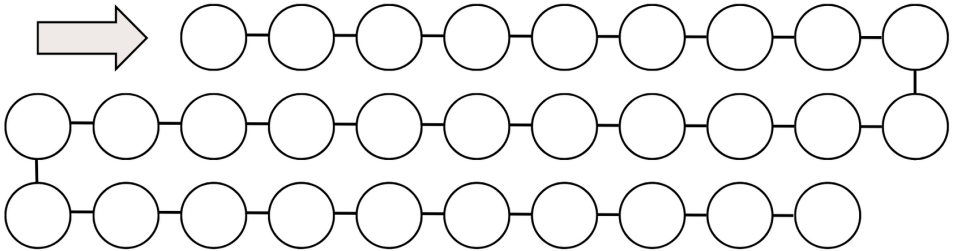
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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

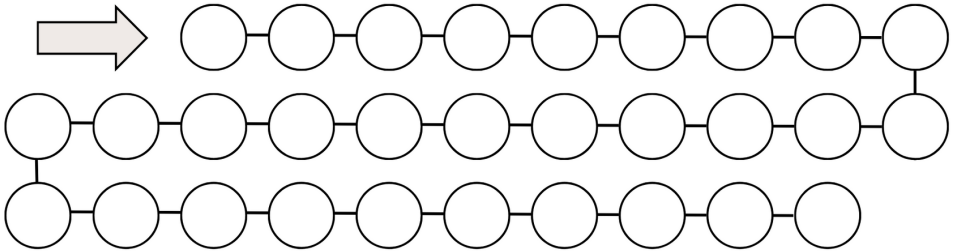
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Septiembre



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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Ficha avance de Objetivo mensual

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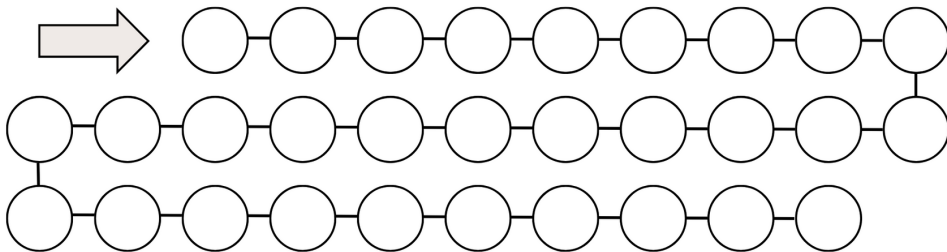
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Beneficios que me otorga

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Octubre



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

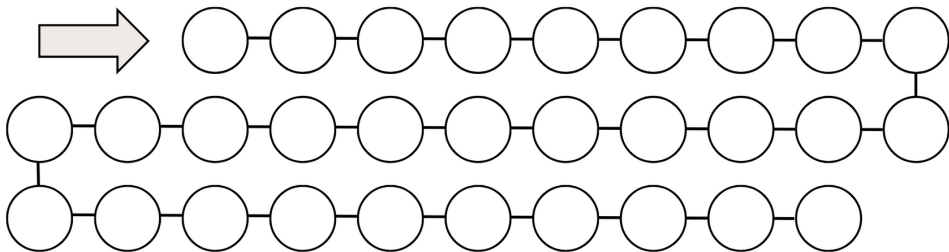
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

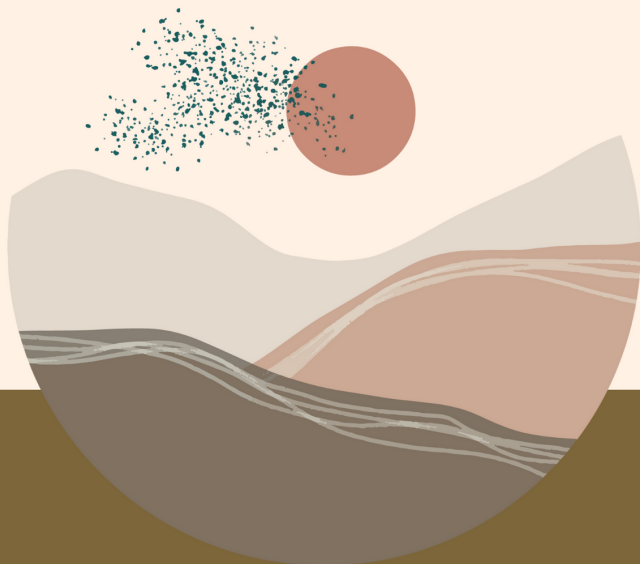
Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Noviembre



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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Hábitos en los que me voy a centrar

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NOTAS

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¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

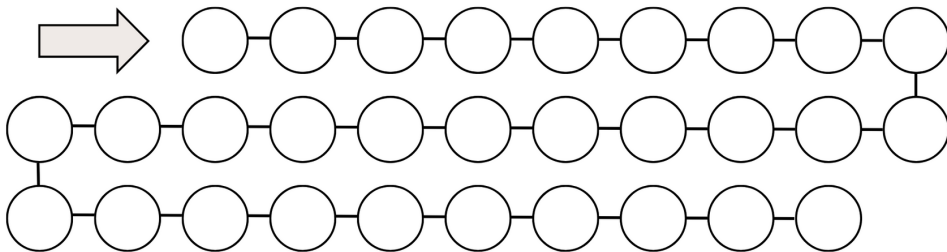
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

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Veamos el avance!



Que tal te estás sintiendo?

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Diciembre



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO

Frases motivacionales

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Lo que necesito

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	<table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																	
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15																		
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																	

¿COMO ME HE SENTIDO?



Ficha avance de Objetivo mensual

Mi objetivo

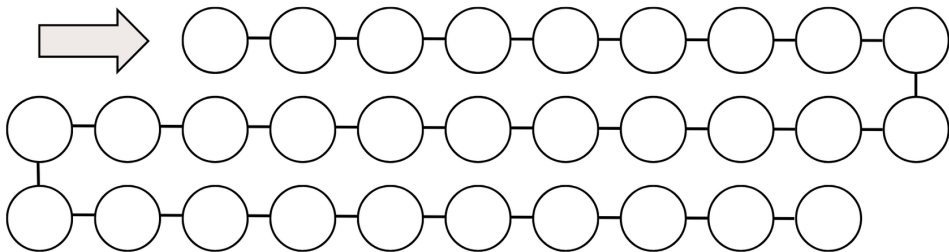
Describe el objetivo

Beneficios que me otorga

Lo que más me cuesta

Me recompensa

Veamos el avance!



Que tal te estás sintiendo?

Qué estás aprendiendo en el camino?

Tracker de hábito anual

HÁBITO		AÑO	
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ENERO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

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	16	17	18	19	20	21	22	23	24	25	26	27	28	29	

MARZO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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ABRIL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

MAYO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

JUNIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

JULIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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AGOSTO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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SEPTIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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OCTUBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOVIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Tracker de hábito anual

HÁBITO		AÑO	
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MARZO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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MAYO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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JUNIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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JULIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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AGOSTO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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SEPTIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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OCTUBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOVIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Tracker de hábito anual

HÁBITO		AÑO	
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JUNIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOVIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Tracker de hábito anual

HÁBITO		AÑO	
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Tracker de hábito anual

HÁBITO		AÑO	
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MAYO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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JUNIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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JULIO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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SEPTIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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OCTUBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOVIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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DICIEMBRE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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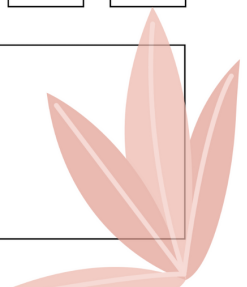
Reto de los 100 días



HÁBITO	
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81	82	83	84	85	86	87	88	89	90
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NOTAS



Reto de los 100 días



HÁBITO	
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91	92	93	94	95	96	97	98	99	100

NOTAS



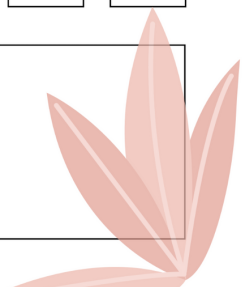
Reto de los 100 días



HÁBITO	
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71	72	73	74	75	76	77	78	79	80
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91	92	93	94	95	96	97	98	99	100

NOTAS



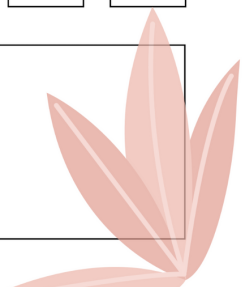
Reto de los 100 días



HÁBITO	
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51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
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81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

NOTAS



Reto de los 100 días



HÁBITO	
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NOTAS

