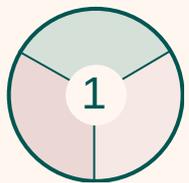
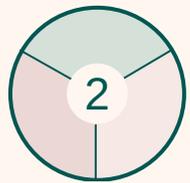
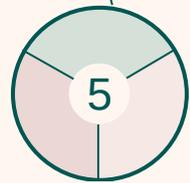
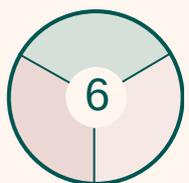
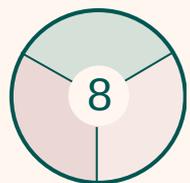
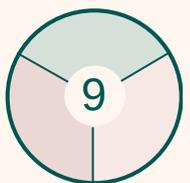
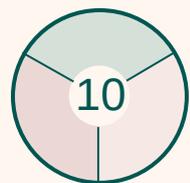
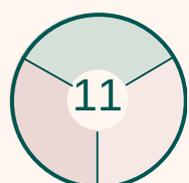
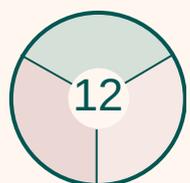
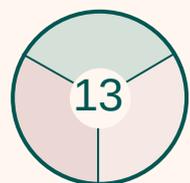
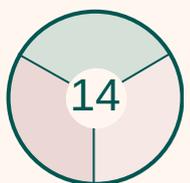
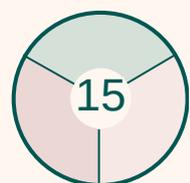
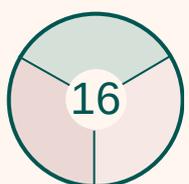
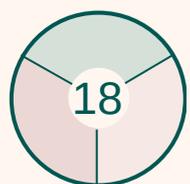
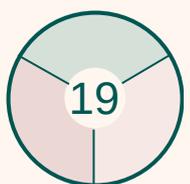
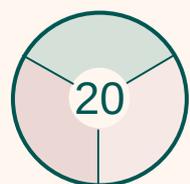
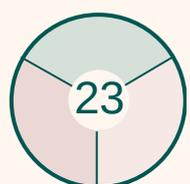
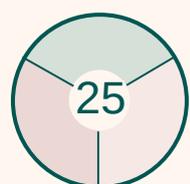
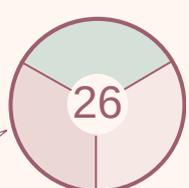
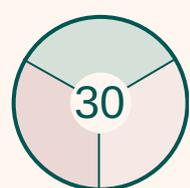


# 30 DAYS habit tracker

-  Actividad 1: \_\_\_\_\_
-  Actividad 2: \_\_\_\_\_
-  Actividad 3: \_\_\_\_\_





# MIS objetivos

Este habit tracker tiene el objetivo de que poco a poco vayas incorporando a tu día a día actividades que quieres hacer porque te resultan placenteras y/o te llenan de energía.

Procura hacerlas por eso y no por exigencias o expectativas, procura que lo que hagas venga de tu sabiduría interna que te dirige a metas que conectan con tus valores, desde la calma, paciencia, compasión y ternura radical hacia ti misma.

Acá puedes escribir qué cosas te gustaría hacer a corto, mediano y largo plazo y cómo es que esas cosas te hacen sentir bien y te conectan con tus valores: