



## ZUFRIEDENHEIT

Werte 1 = nicht besonders bis 5 = sehr zufrieden

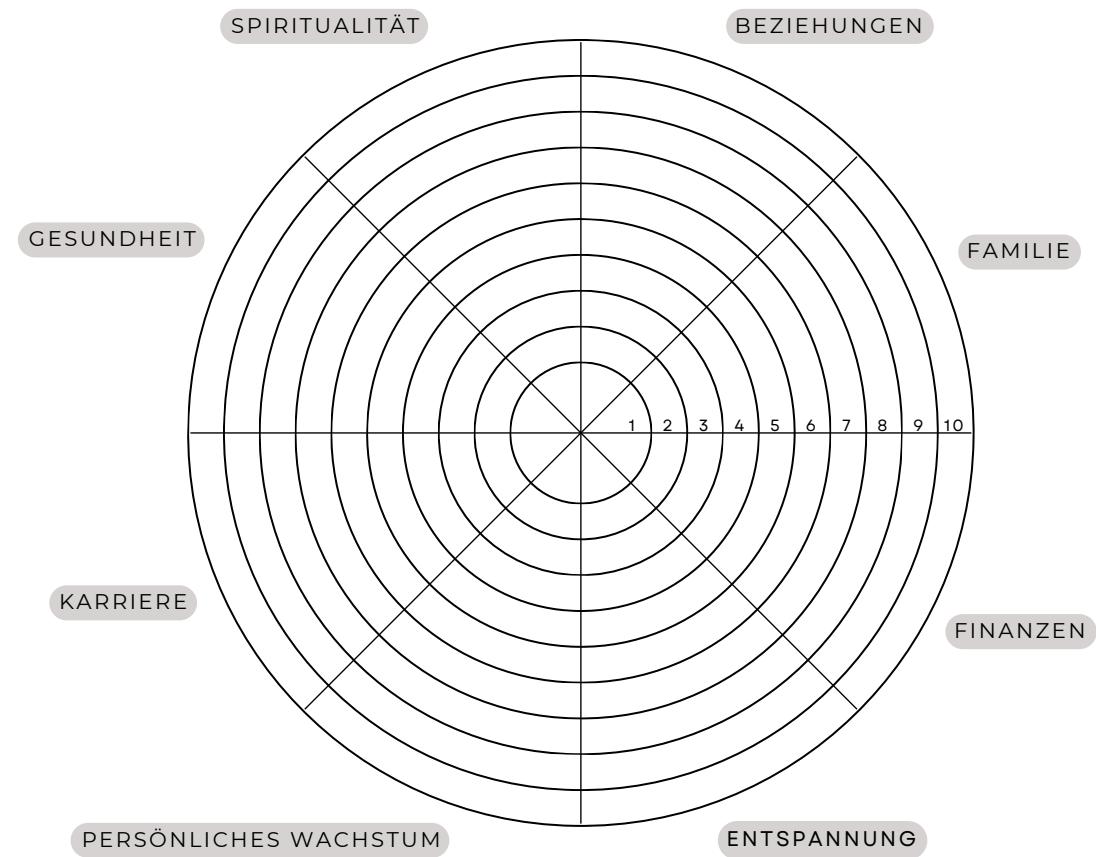
### SO ZUFRIEDEN BIN ICH:

Produktivität	1	2	3	4	5
Familie	1	2	3	4	5
Freunde	1	2	3	4	5
Arbeitsalltag	1	2	3	4	5
Finanzen	1	2	3	4	5
Self-Care	1	2	3	4	5
Partnerschaft	1	2	3	4	5

Wie zufrieden fühle ich mich generell?

Welche Bereiche möchte ich diesen Monat aktiv verbessern?

### RAD DES LEBENS



# MONATSÜBERSICHT



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

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

## ZIELE



## WAS MÖCHTE ICH ERREICHEN/UMSETZEN?

## ZIELE



## ZIELE NACH PRODUKT/ANGEBOT

PRODUKTNAMEN: \_\_\_\_\_

PRODUKTLAUNCH: \_\_\_\_\_

UMSATZZIEL: \_\_\_\_\_

PRODUKTNAMEN: \_\_\_\_\_

PRODUKTLAUNCH: \_\_\_\_\_

UMSATZZIEL: \_\_\_\_\_

## TO DOS:

## NOTIZEN:

## TO DOS:

## NOTIZEN:

## 4 WOCHEN HABIT TRACKER



A P R I L

## STARTDATUM

## MEINE MORGENROUTINE

MO DI MI DO FR SA SO

A horizontal row of seven empty circles, each with a thin black outline, intended for a child to draw a face in.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

A horizontal row of seven empty circles, intended for a student to draw a fraction with a numerator and denominator.

## MEINE TÄGLICHE ROUTINE

MO DI MI DO FR SA SO

A horizontal row of seven empty circles, each with a thin black outline, intended for a child to draw a face in.

A horizontal row of seven empty circles, intended for a child to draw a face in the center.

A horizontal row of seven empty circles, intended for a child to draw a seven-digit number inside.

A horizontal row of seven empty circles, intended for a child to draw a picture inside each circle.

## MEINE SPORTROUTINE

MO DI MI DO FR SA SO

A horizontal row of seven empty circles, intended for a child to draw a picture inside each circle.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

## MEINE ABENDROUTINE

MO DI MI DO FR SA SO

A horizontal row of seven empty circles, intended for a child to draw a picture inside each circle.

A horizontal row of seven empty circles, evenly spaced, used as a visual element in a document.

A horizontal row of seven empty circles, each with a thin black outline, intended for a child to draw a face in.

A horizontal row of seven empty circles, intended for a child to draw a picture inside each circle.