



MY GOAL

PODCASTS

A challenge to fill your empty places with positive influences.

RESOURCES: [Magic Lessons Podcast](#), [The Good Life Project](#), [Happier Podcast](#), [The Tim Ferris Podcast](#)

SUGGESTED GOAL PAIRINGS: Read a Positive Book - Daily Meditation - Social Media Fast

PROGRESS: For each podcast you listen to, color in a square.

A calendar grid for tracking podcast listening progress. The grid is titled "PODCASTS" in white text on an orange background. The grid itself is on a grey background and contains 30 numbered squares, arranged in five rows and seven columns. The numbers are: Row 1: 1-7; Row 2: 8-14; Row 3: 15-21; Row 4: 22-28; Row 5: 29-30. Each square is intended to be colored in when a podcast is listened to.