



MY GOAL

DAILY TED TALKS

A challenge to embrace new concepts and learn from the wisdom of others.

RESOURCES: [Ted Talks Playlist](#) - [Ted Talks YouTube Channel](#)

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

PROGRESS: Select your desired social media fast, then for each day you are successful color in the box.

DAILY TED TALKS

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					