ACCOUNTABILITY CHART

I am nuturing my emotions this month by...

Example: Forgiving my judgements about myself by writing postive "I am" affirmations about my emotions

	M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su		M	T	W	Th	F	S	Su	

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