

HABIT TRACKER

DISOLVIENDO EL EGO | HELEN HAMILTON

[illegible]

PREGUNTAS CONTEMPLACIÓN:

[illegible]

CREENCIAS:

PUERTAS:

ATAJO: _____

AUTOINDAGACIÓN:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

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Curso / Reto	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

Curso / Reto	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	82	81	82	83	84	85	86	87	88	89	90

NOTAS: _____

NOTAS: _____
