

DOBRE NAWYKI

MIESIĄC

NAWYK:

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	31
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NAWYK:

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NAWYK:

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NAWYK:

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NAWYK:

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	31
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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	31
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NAWYK:

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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	31
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NAWYK:

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BOSSIER

DOBRE NAWYKI

ZDROWIE

_____ miesiąc

NAWYK: 8 godzin snu

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NAWYK: suplementacja witamin

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	31
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NAWYK: dzień bez alkoholu

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	31
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NAWYK: codzienne ćwiczenia

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	31
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NAWYK: bieganie min. 1 km

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NAWYK: 10 tys. kroków

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NAWYK: basen

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NAWYK: siłownia

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NAWYK: owoce i warzywa do każdego posiłku

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NAWYK: badania

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BOSSIER

DOBRE NAWYKI

ROZWÓJ OSOBISTY

_____ miesiąc

NAWYK: medytacja

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NAWYK: webinary

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NAWYK: dzień bez wydatków

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NAWYK: nauka języka - 10 słówek dziennie

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NAWYK: joga

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NAWYK: pobudka o określonej godzinie

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NAWYK: czytanie poradników

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NAWYK: planowanie tygodnia

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NAWYK: oglądanie filmów w obcym języku

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NAWYK: zakupy z listą

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BOSSIER

DOBRE NAWYKI

JEDZENIE

_____ miesiąc

NAWYK: dzień bez kawy

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NAWYK: dzień bez mięsa

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NAWYK: ugotowanie dania z nowego przepisu

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NAWYK: dzień bez słodczy

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NAWYK: przygotowywanie posiłków w domu

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NAWYK: posiłek poza domem

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	31
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NAWYK: dzień bez węglowodanów

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	31
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NAWYK: planowanie posiłków z wyprzedzeniem

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	31
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NAWYK: picie min 1,5l wody dziennie

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NAWYK: jedzenie zielonych warzyw

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BOSSIER

DOBRE NAWYKI

SOCIAL MEDIA

_____ miesiąc

NAWYK: post Instagram

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NAWYK: post na blogu

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NAWYK: video na TikToku

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NAWYK: selekcja obserwowanych kont

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NAWYK: napisanie komuś miłego komentarza

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NAWYK: odpisywanie na maile

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NAWYK: słuchanie podcastu

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NAWYK: ciekawe Instastory

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NAWYK: odłożenie telefonu min. 30 min przed snem

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NAWYK: współpraca z firmą

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BOSSIER

DOBRE NAWYKI

ROZRYWKA

_____ miesiąc

NAWYK: czytanie

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NAWYK: Bullet Journal

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NAWYK: rysowanie

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NAWYK: Netflix

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NAWYK: YouTube

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NAWYK: gra na instrumencie

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NAWYK: kino

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NAWYK: gra Playstation

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NAWYK: maraton filmowy

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	31
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NAWYK: słuchanie muzyki

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	31
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BOSSIER

DOBRE NAWYKI

CZAS DLA SIEBIE

_____ miesiąc

NAWYK: maseczka na twarz

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	31
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NAWYK: balsam do ciała

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	31
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NAWYK: długa kąpiel przy świecach

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	31
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NAWYK: pielęgnacja cery

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	31
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NAWYK: telefon do znajomego

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	31
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NAWYK: spacer z psem

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	31
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NAWYK: spacer do lasu

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	31
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NAWYK: śniadanie w łóżku

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	31
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NAWYK: kolorowanki antystresowe

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	31
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NAWYK: puzzle

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	31
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BOSSIER

DOBRE NAWYKI

CODZIENNE CZYNNOŚCI

_____ miesiąc

NAWYK: ścielenie łóżka

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	31
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NAWYK: sprzątanie biurka

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	31
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NAWYK: zmywanie naczyń

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NAWYK: odkurzanie

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	31
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NAWYK: 15 min sprzątania

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	31
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NAWYK: pranie

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	31
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NAWYK: zabawa ze zwierzątkiem

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	31
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NAWYK: płacenie rachunków

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	31
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NAWYK: porządek w kosmetyczkach

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	31
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NAWYK: składanie ubrań

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	31
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BOSSIER