



APPENDIX 3: REMINDER SHEETS

Companion material for *The Quirkz Handbook of Self-Improvement for People Who Are Already Pretty Okay*, by Aaron Rath. More copies available at www.quirkz.com/downloads/Handbook1/

Feel free to use any of the following pages as your reminder sheet. Post it in the place most likely to remind you at the best time of day for doing your daily challenge. (Taping it directly to your forehead is my recommendation, just be sure to poke some holes so you can see where you're going.)

Note: Page 5 has been left blank. You can type in and print out your own personalized inspirational reminder. (Or, skip the printing, and just write your own message on a piece of paper.)

Remember

to do

your daily

challenge!

Don't forget
that thing with
the stuff. You
know. So that
you can be, um,
what was it
again?

FOR THE

LOVE OF

QUIRKZ!

A cross-off calendar, because it feels so good to put an X over each day as you finish it.

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

(This page intentionally left blank. Write in your own motivational reminder.)