



FEBRUARY

2025

SLOTHFULNESS

IS 201
Mending
H.E.A.R.T. Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 I take action every day towards my dreams.
2 I prioritize my tasks and complete them promptly.	3 I am disciplined and dedicated to my responsibilities.	4 I am focused and stay on track.	5 I use my time wisely and effectively.	6 I take small steps every day to achieve big results.	7 I stay organized and plan my day.	8 I finish what I start with dedication.
9 I am proactive and take initiative.	10 I create positive habits that lead to success.	11 I enjoy the process of achieving my goals.	12 I stay motivated even when tasks are challenging.	13 I set clear goals and work towards them daily.	14 I am focused on the present moment and tasks at hand.	15 I eliminate distractions and stay concentrated.
16 I stay focused on my long-term vision.	17 I keep a positive mindset and avoid negativity.	18 I set realistic goals and achieve them step by step.	19 I seek solutions rather than making excuses.	20 I stay organized and keep my workspace tidy.	21 I learn from my mistakes and keep moving forward.	22 I celebrate small wins along the way.
23 I break tasks into manageable steps.	24 I stay committed to my schedule and deadlines.	25 I matter.	26 I am determined to succeed in all I do.	27 I push through laziness and stay active.	28 I believe in my ability to complete my work.	
						

Slothfulness is avoiding work or effort, even when you know it's important. It's like when you have homework to do, but instead of starting it, you keep watching TV or playing games. Being slothful means you're not taking responsibility for your tasks and letting laziness take over. It's important to overcome slothfulness because it helps you be a better person. When you avoid slothfulness, you get things done and make sure your responsibilities are taken care of.