

KICKSTART A NEW HABIT

- _____ Habit to make small daily progress on your goal
- _____ How many minutes it will take
- _____ Place where you will practice it
- _____ Time of day you will practice (or daily Trigger)
- _____ Set a reminder on your phone

MONTH: _____

M	T	W	T	F	S	S

Now, fill-in the dates and 'X' off every day that you practice your habit. Don't break the chain! If you do skip day, don't skip two days in a row; even if you only do your habit 50% of the time, you will be well on your way to building a lasting habit, it will just take longer for it to become automatic.

Creating habits is hard, this is why you should start with the smallest, easiest habit you can, and then, once it is established, build on it little-by-little.