

# 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)
- \_\_\_\_\_ Reward or reason for doing this
- Set 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 a 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 and automatic habit.

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.