## 2018 HABITS!

What you choose not to do, is just as impactful as what you choose to do.

Brilliant & Talented Me: \_\_\_\_\_

## START

New habits I'm going to start doing in order to achieve my goals

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## STOP

Habits I'm going to STOP doing in order to achieve my goals

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## CONTINUE

Habits that are already working, that I will continue

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