

PLAN

The following pages contain the following pieces:

- 1 Habit Cover Page
- 1 Habit Building Blocks
- 2 Habit Trackers

Utilize all three elements for each habit you seek to build. You will likely need multiple Habit Tracker pages for each goal, so feel free to print additional copies as needed.

Pick your two most important habits and start there. After 2-3 days, if you feel confident with your progress in those habits, add a 3rd. If adding to it feels overwhelming, then wait. When we feel overwhelmed, we give up. The goal is slow and steady progress toward the habits that we want to cultivate.

COVER PAGE

Use your cover page to name the habit that the next set of pages are focused on and then list out some of the potential setps or elements that will be part of fully realizing the habit. For example, if your goal is to “Eat Better,” that could include lots of veggies, lots of water, don’t overeat, cut fast food, find satisfying/ healthy munchies, etc.



Baby Steps

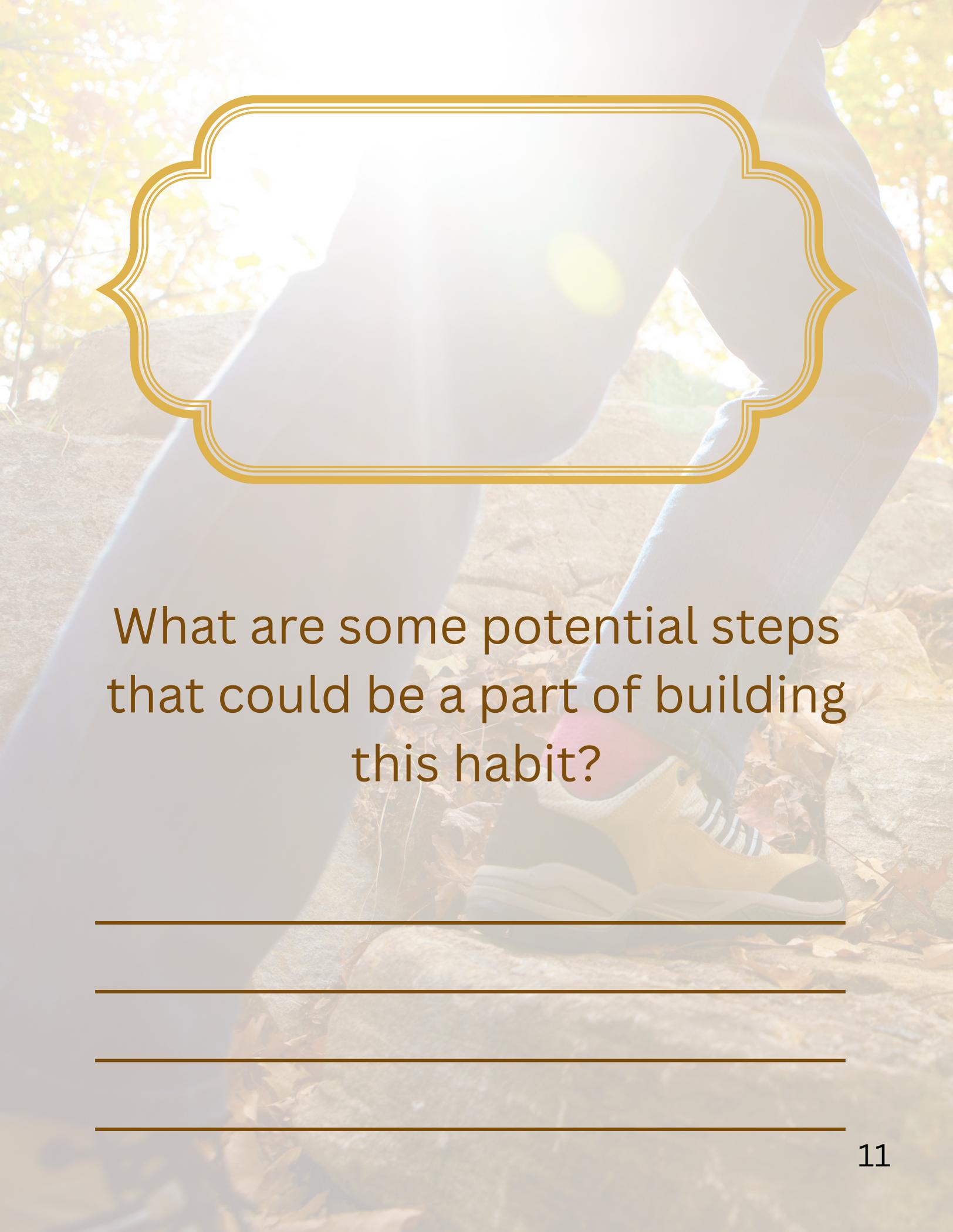
Use the second page (the Habit Building Blocks) to list out the baby steps to achieve the goal habit. Remember that the smaller the step, the better. Embrace the ridiculousness.



♥ habit tracker

Use these pages to mark each time you successfully complete the current habit step.

After 7 successful completions, consider if you are ready to add on or if it would be better to attempt the current habit step another 7 times.



What are some potential steps that could be a part of building this habit?

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

Step 9

Step 10

Step 11

Step 12

Step 13

Step 14

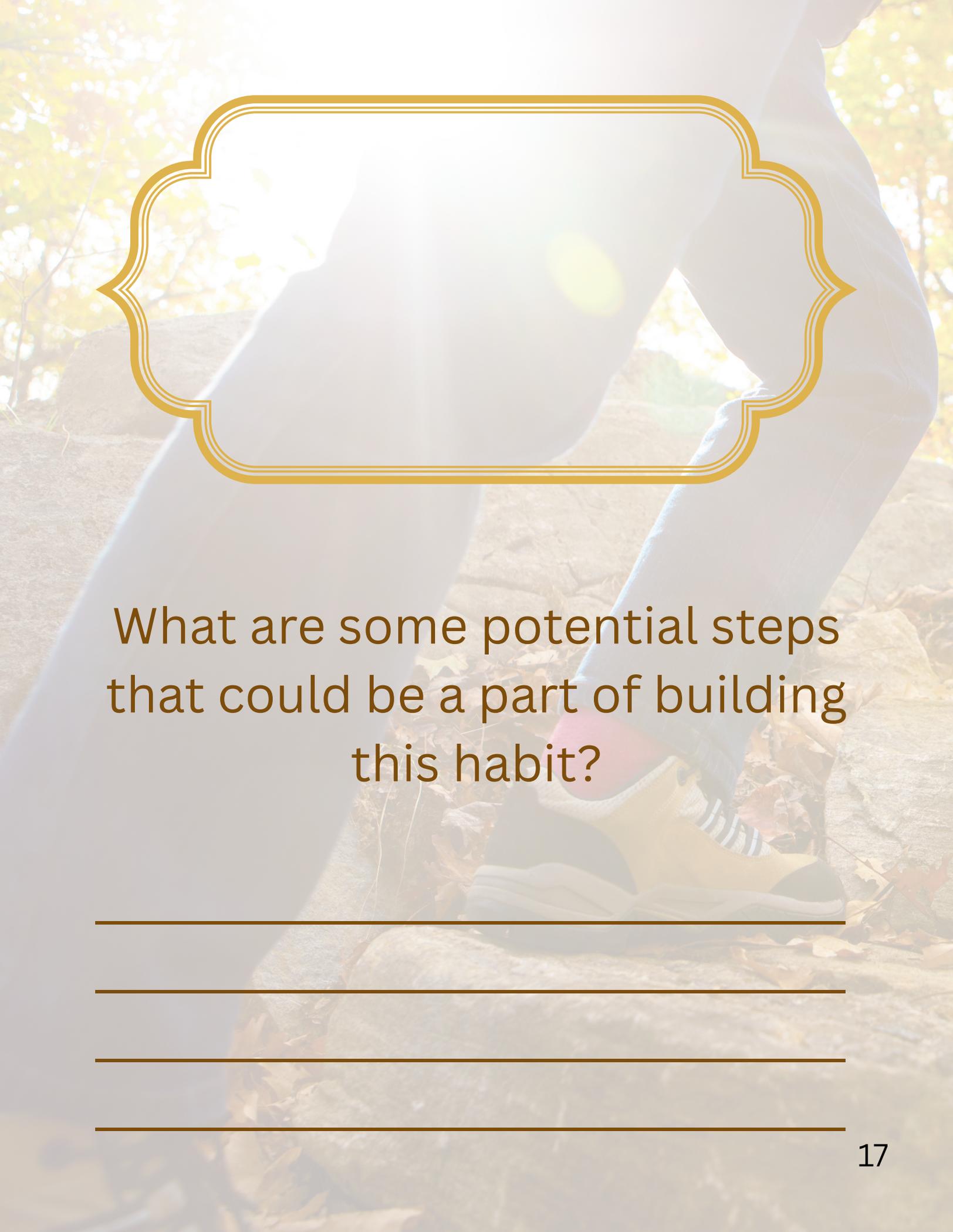
Step 15

Step 16

Step 17

Step ____

Repeat Add On



What are some potential steps that could be a part of building this habit?

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

Step 9

Step 10

Step 11

Step 12

Step 13

Step 14

Step 15

Step 16

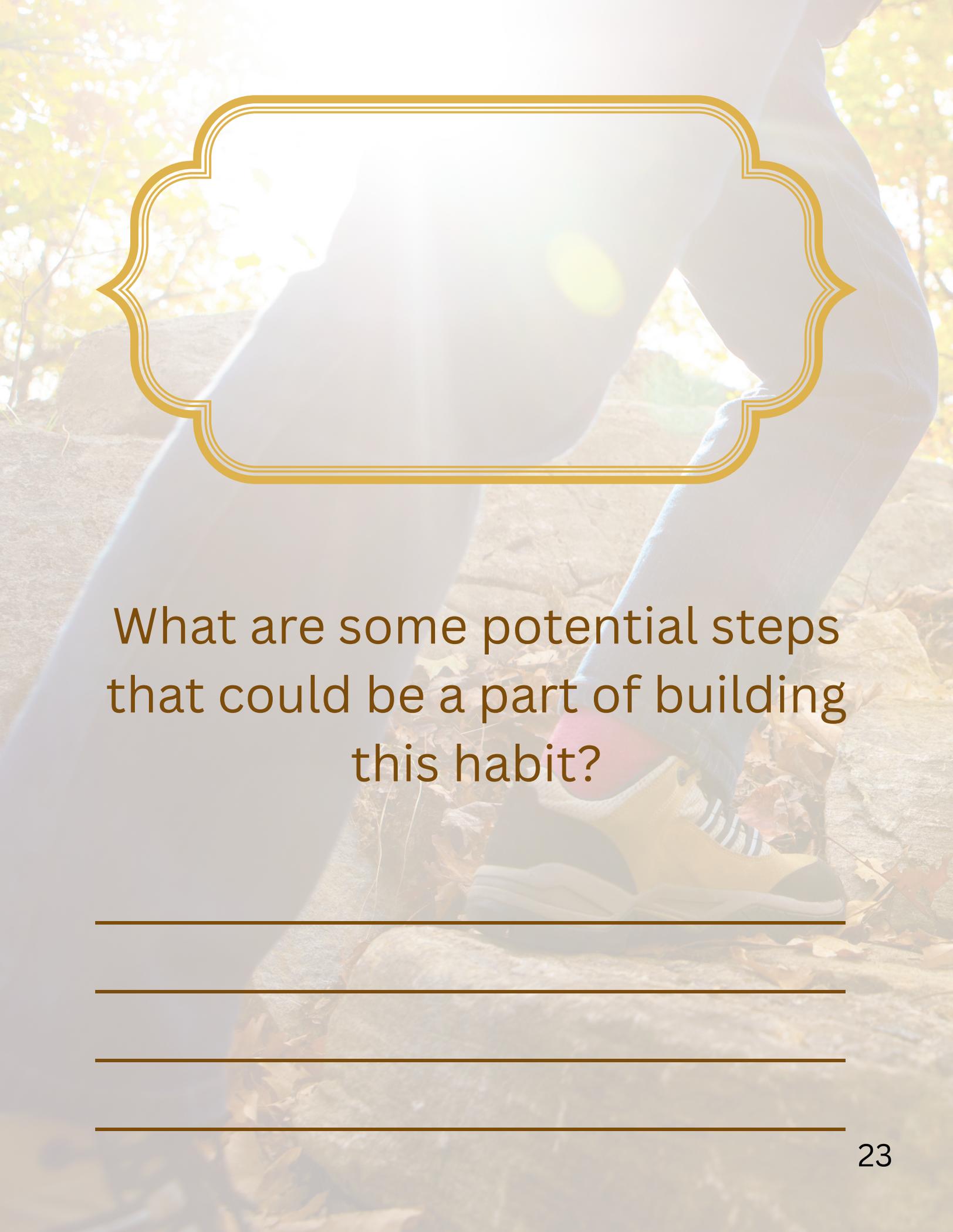
Step 17

Step ____

Repeat Add On

Step _____

Repeat Add On



What are some potential steps that could be a part of building this habit?

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

Step 9

Step 10

Step 11

Step 12

Step 13

Step 14

Step 15

Step 16

Step 17

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On

Step _____

Repeat Add On