

{Creating and Tracking Habits}

You can do this!!

1. **Start with one small habit** that serves your deeper happiness and that you can easily accomplish.
2. State your desired habit out loud, then **write it down where it can be visible daily**.
3. **Rid your mind of perfection**. It leads to feelings of defeat causing you to give up.
4. Change the way you speak about your life and your space. It keeps you **motivated!**
5. Give yourself a deadline but **celebrate the small wins** even if they are not “on time”.
6. **Reward your efforts and accomplishments** with something that makes you happy!

New Habit I would like to practice:

Start Date:

Goal this Habit supports:

Action steps to be successful:

- ✓
- ✓
- ✓

Habits log (include Milestones and Obstacles):

Day 1-
Day 2-
Day 3-
Day 4-
Day 5-
Day 6-
Day 7-
Day 8-
Day 9-
Day 10-
Day 11-
Day 12-
Day 13-
Day 14-

Rewards:

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It is only by bringing a habit into your conscious awareness that you can observe what it's doing, how it empowers and serves you, or doesn't. – Jeff Olson