

NEW HABITS & DAILY ACTIONS

What do you do everyday without fail?

Pairing your new habit with a current one can help solidify the new one!

*Remember the triggers: *Person, *Place *Time, *Action, *Emotion*

SOMETHING I DO EVERYDAY:

New Habit:

Trigger related to what you already do daily:

Pattern:

Reward:

SOMETHING I DO EVERYDAY:

New Habit:

Trigger related to what you already do daily:

Pattern:

Reward:

SOMETHING THAT HAPPENS (TO ME) EVERYDAY:

New Habit:

Trigger related to what already happens daily:

Pattern:

Reward:

SOMETHING THAT HAPPENS (TO ME) EVERYDAY:

New Habit:

Trigger related to what already happens daily:

Pattern:

Reward: