



Building Better Habits

Creating new habits can be a game-changer, but it's important to start with clear goals. Use the space on the next page to write down the habits you want to build. Once you've set your goals, flip to the next page to track your progress a month from now





What are the Habits You Want to Build?





Month Later Check-In

	Yes	No
Did you consistently practice the habits you set out to build?	<input type="checkbox"/>	<input type="checkbox"/>
Did you notice any positive changes in your daily life as a result of these habits?	<input type="checkbox"/>	<input type="checkbox"/>
Did you find that the rewards you set for yourself were effective in keeping you motivated?	<input type="checkbox"/>	<input type="checkbox"/>
Did you track your progress regularly?	<input type="checkbox"/>	<input type="checkbox"/>
Did you have days when you felt particularly proud of sticking to your habits?	<input type="checkbox"/>	<input type="checkbox"/>
Did you feel that you were making progress towards your initial goals?	<input type="checkbox"/>	<input type="checkbox"/>

