

My New Habit

Name: _____

Date: _____

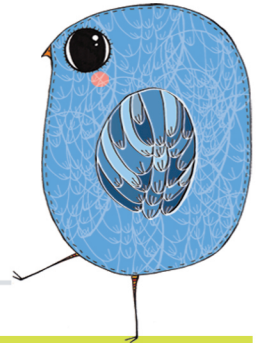
One step
at a time...
I can do this!

WHY

Declaration of intention:

WHAT

Description of new habit:



What I am willing to give up in exchange for this habit to take hold:

Time Energy Old habit Comfort Other

Why I love this new habit:

COMMITMENT PLEDGE TO MYSELF:

Practice days:

