**Developing good habits will affect every area of my life. I’ll begin with these*.***



**Habit:**

**Self Promises**

* I will focus on this habit until I successfully reach my goal.
* I will gradually work up to my goal.
* I will build the good habit into my regular routines.
* I will hold myself accountable and get a friend to help me.
* I will build my self-discipline and keep my expectations realistic.

**Working The Plan**

* My goal is

* I have identified my cues and triggers

* I have built my new habit into my routine by

* I have scheduled a reward for each milestone

**Habit Notes & Resources**

**Notes**

**Resources**