



REMEMBER TO CUT OUT AND PUT YOUR TRACKER SOMEWHERE EASILY NOTICEABLE - YOU NEED TO FILL IT IN EVERY DAY!

REWARD YOURSELF! SET INTERIM GOALS - EARN STARS EVERY 10 SUCCESSFUL ENTRIES

WHAT NEW HABIT WOULD YOU LIKE TO FORM?

TIME TO START HERE... AND KEEP GOING!

WELL DONE! NOW, TIME TO REFLECT: WRITE DOWN YOUR THOUGHTS ON THE EXPERIENCE HERE:

TIME TO CHOOSE THE NEXT HABIT YOU'D LIKE TO WORK ON.



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