

Mastering A New Habit

My new habit is:

It will produce these positive outcomes:

Week One: The First Lap

Dates _____

Day							
X							

I will celebrate by: _____

Week Two: Rounding the Corner

Dates _____

Day							
X							

I will celebrate by: _____

Week Three: The Home Stretch

Dates _____

Day							
X							

I will celebrate by: _____

Instructions

Color in a section of the chart at the end of each week to graphically mark your progress.

Habit is habit and not to be flung out of the window by any man but coaxed downstairs one step at a time.

Mark Twain

