



Habit Planner

Goals

THE 3 THINGS THAT I WANT THE MOST

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- _____
- _____

Habits

BRAINSTORM AT LEAST ONE SUPPORTIVE
HABIT FOR EACH OF YOUR GOALS

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THINK ABOUT YOUR DAILY LIFE AND WELL-BEING
TO SEE IF THERE ARE ANY OTHER HABITS TO ADD



Habit Tracker

THE X-EFFECT

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

HABIT:

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FREQUENCY:

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1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
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