

21 DAYS TO CREATE A HABIT

IN 3 SHORT WEEKS I WILL START: _____

THIS IS IMPORTANT TO ME BECAUSE: **MY WHY!**



I CAN DO THIS BECAUSE:

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> I AM AWESOME | <input type="checkbox"/> NO CHOICE | <input type="checkbox"/> IT'S NOW TIME |
| <input type="checkbox"/> I NEED HELP | <input type="checkbox"/> I DESERVE THIS | <input type="checkbox"/> SICK AND TIRED |

WHEN I FEEL LIKE GIVING UP I WILL:

COUNTDOWN THE DAYS TO MY SUCCESS:

- | | | | | | | |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|
| <input type="checkbox"/> 21 | <input type="checkbox"/> 18 | <input type="checkbox"/> 15 | <input type="checkbox"/> 12 | <input type="checkbox"/> 9 | <input type="checkbox"/> 6 | <input type="checkbox"/> 3 |
| <input type="checkbox"/> 20 | <input type="checkbox"/> 17 | <input type="checkbox"/> 14 | <input type="checkbox"/> 11 | <input type="checkbox"/> 8 | <input type="checkbox"/> 5 | <input type="checkbox"/> 2 |
| <input type="checkbox"/> 19 | <input type="checkbox"/> 16 | <input type="checkbox"/> 13 | <input type="checkbox"/> 10 | <input type="checkbox"/> 7 | <input type="checkbox"/> 4 | <input type="checkbox"/> 1 |

MY REWARD:
