

# Let's Form a new Habit!



My New Habit is:



Why I'm doing this...

- I deserve a beautiful space \_\_\_\_\_
- I want less stress \_\_\_\_\_
- My family time should be fun! \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

21 days to a new habit!!

Countdown 2 Success!

- 1     8     15
- 2     9     16
- 3     10     17
- 4     11     18
- 5     12     19
- 6     13     20
- 7     14     21

If I feel like giving up, I will:

My Reward when I Succeed

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

