

Habit Tracker

Place in obvious location:

If I:

sit down to write for 2 minutes

when:

After work/when I wake up/at 3 pm daily

Cue

Make it Obvious

Craving

Make it Attractive

Response

Make it Easy

Reward

Make it Satisfying

Challenge 1 get to 3 days of new habit

Challenge 2 get to 7 days of new habit

Reward!

Day1

Day2

Day3

Day4

Day5

Day6

Day7

New habits can be scary use the 2 minute rule and set a goal of just going to 7 days

Even Tracking habits is a new habit! Make sure to track in an obvious and easy to see location

Challenge 3 get to Two weeks of new habit!

Reward!

Day8

Day9

Day10

Day11

Day12

Day13

Day14

If you miss a day no worries! Everyone misses sometimes!

Maybe the habit needs to be 1.) Easier 2.) More Obvious 3.) More Attractive 4.) More Satisfying

Challenge 4 get to Three weeks of new habit!

Reward!

Day15

Day16

Day17

Day18

Day19

Day20

Day21

Who we are is a series of votes and majority always rules.

Each day your actions cast a vote for the type of person you wish to be . It doesn't matter how many times you mess up so long as there are more votes on the other side of the .

Challenge 5 get to Four weeks of new habit!

Reward!

Day22

Day23

Day24

Day25

Day26

Day27

Day28

If you get to 4 weeks of _____ everyday I will have undeniable evidence that I am (a or an) _____ (type of person)

writing
going to the gym

writer
gym person