
Your Habits

Routinery

My current habits look like this

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Habits I know I should avoid

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Habits I truly enjoy are

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A habit I'd love to build is

04

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Your Goals

Routinery

Goal no. One :

I want to be someone who...

I'll begin this habit when...

I'll do this in/at...

And when I'm done, I'll...

If I can't do it as planned, I'll still...

Goal no. Two

I want to be someone who...

I'll begin this habit when...

I'll do this in/at...

And when I'm done, I'll...

If I can't do it as planned, I'll still...

Goal no. Three

I want to be someone who...

I'll begin this habit when...

I'll do this in/at...

And when I'm done, I'll...

If I can't do it as planned, I'll still...
