

MY HABIT METER

Outlining the behaviors, disciplines, and habits that you would like to have in your life is the first step. Identifying the current habits and patterns in your life is one of the ways in which you can determine whether you are on track to achieving your goals. List your DAILY ROUTINES, HABITS, DISCIPLINES, and BEHAVIORS below

List Habits, discipline, behaviors that you need to CHANGE

List Habits, disciplines, behaviors that you need to START

List Habits, disciplines, behaviors that you need to EXPAND

HABIT TRACKING



Now that you have identified, HABITS, DISCIPLINES, and BEHAVIORS that you would like to start, track them for 60 days. Studies show that it takes at least 60 days to formulate a habit, discipline or behavior.

New Habit, Discipline, Behavior -First 30 days

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

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New Habit, Discipline, Behavior - Second 30 days

31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60