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**YOU'RE
DOING
GREAT**
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FINDING YOUR FEET
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Habit Tracker

HABITS

MON

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WED

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★ FINDING YOUR FEET ★

Journal Prompts

- ★ **What is the short term desired outcome of completing the habit?**
- ★ **What is the long term desired outcome of completing the habit?**
- ★ **How will I feel & who will I be when this habit becomes an automatic part of my daily routine?**

START WITH *Why*