



# HABIT

30 Days to a Better You

WE FIRST MAKE OUR HABITS,  
AND THEN OUR HABITS MAKE US.  
- JOHN DRYDEN

**Habit-** *a process whereby contexts prompt action automatically, through activation of mental context.*

When creating a new habit or resurrecting an old one, remember that your end result relies heavily on *consistency* and *discipline*. As James Clear said, "...habits are behaviors we repeat consistently...they are not habits we repeat perfectly."

On the following page, list habits you would like to begin now. Five habits is a good place to start. For the over achiever, I have provided enough lines to write more.

It takes at least a month and sometimes more to create a good habit. It's a good idea to begin with one habit and to only move on to the next one when you feel you have mastered the last one. The adage "Rome wasn't built in a day" applies to everyone. You'll get there just give it time.

In this workbook you will find a habit tracker, a daily space to write how your habit is working out for you and a place to rate your mood that day. (G- Good, C- Content. OK- Mediocre, B- Bad)



# CHOOSE ONE HABIT

Write it below.

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## WHY IS IT IMPORTANT TO YOU?

Be specific.

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## TURN IT INTO A DECLARATION

I WILL \_\_\_\_\_

### ASK YOURSELF THESE QUESTIONS DAILY

How has it made your day better?

How did it make you feel?

It's a slow process, but quitting won't speed it up.

## HABIT TRACKER

A habit tracker grid consisting of 30 white circles arranged in 6 rows and 5 columns. Each circle contains a number from 1 to 30, representing the days of the month. The circles are set against a light gray background.

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

# DAY 1

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 2

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 3

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 4

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 5

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 6

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B



# DAY 7

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 8

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 9

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 10

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 11

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 12

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 13

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 14

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 15

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 16

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 17

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 18

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 19

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 20

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 21

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 22

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B



# DAY 23

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 24

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 25

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 26

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 27

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 28

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 29

DATE \_\_\_\_\_

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TODAY I WAS FEELING:  G  C  OK  B

# DAY 30

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TODAY I WAS FEELING:  G  C  OK  B