

Goal Setting + **HABIT** STACKING — *Plan*



Pick Your TOP TEN

→ Take a look at your vision for better health and the areas that are most important for you to see change.

What are they?

→ Come up with 10 habits that you can add into your life, remember to keep them simple and achievable for best results! You can revisit this list and make changes too!



MONTH

HABIT

My
Why

Mark off each day you complete your new habit!



SUNDAY

MONDAY

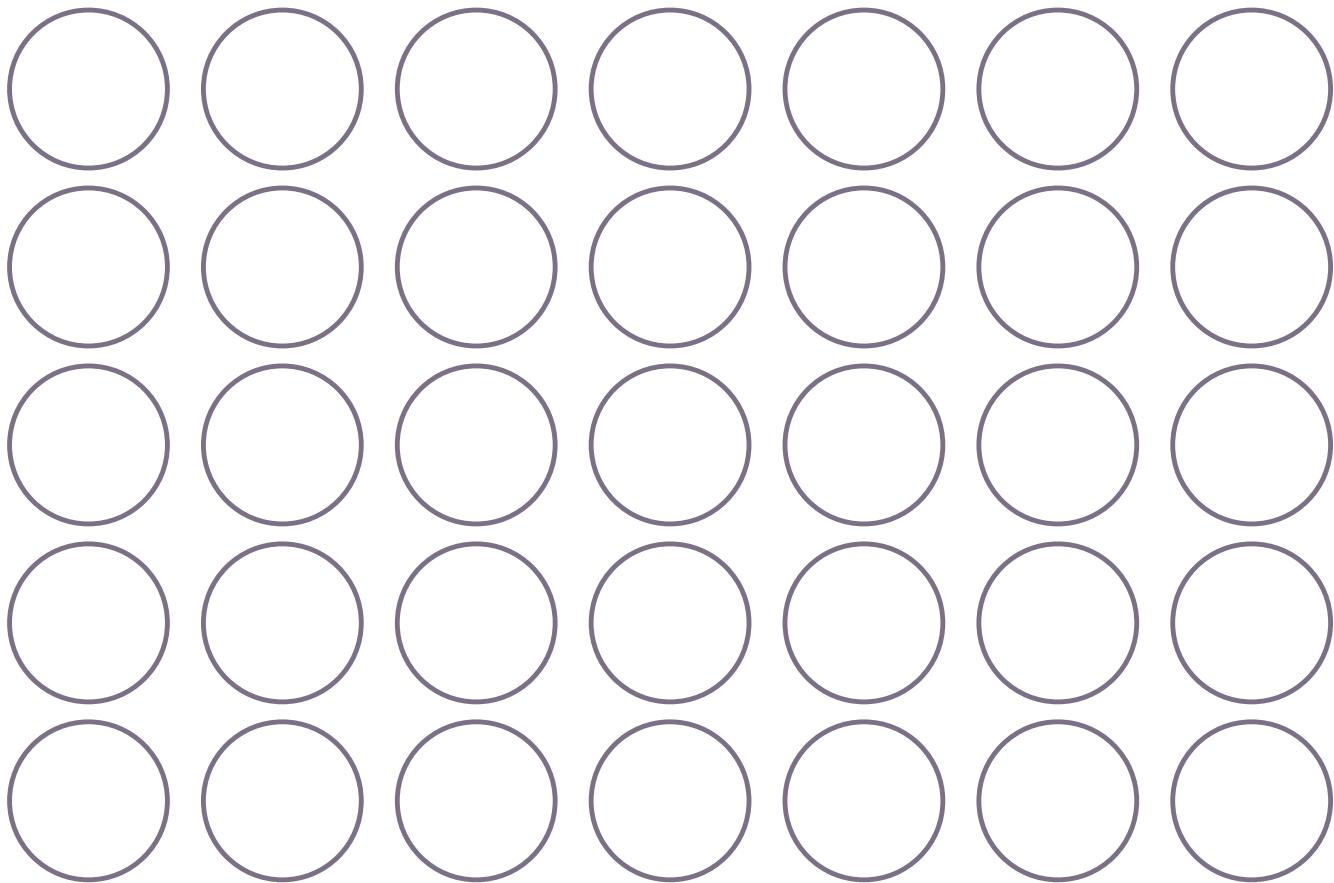
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



“

What happens between Christmas and New Year's isn't as important as what happens between New Year's and Christmas.

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