



MAKE A NEW HABIT IN 21 DAYS

IN THREE TEENY TINY WEEKS, I WILL START: _____

ACCOUNTABILITY: _____

THIS IS IMPORTANT TO ME BECAUSE: _____

I CAN DO IT BECAUSE: I AM AWSOME. I HAVE HELP.
 I DESERVE THIS. NO CHOICE.

(THE MAKE A GOOD HABIT MOTICATION SCALE):

MOTIVATION CHECK:



WHEN I WANT TO GIVE UP I WILL _____

COUNT DOWN THE DAYS TO SUCCESS:

- | | | | | | |
|-------------------------------------|------------------------------------|----------------------------------|--------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> TWENTY-ONE | <input type="checkbox"/> EIGHTEEN | <input type="checkbox"/> FIFTEEN | <input type="checkbox"/> NINE | <input type="checkbox"/> SIX | <input type="checkbox"/> THREE |
| <input type="checkbox"/> TWENTY | <input type="checkbox"/> SEVENTEEN | <input type="checkbox"/> ELEVEN | <input type="checkbox"/> EIGHT | <input type="checkbox"/> FIVE | <input type="checkbox"/> TWO |
| <input type="checkbox"/> NINETEEN | <input type="checkbox"/> SIXTEEN | <input type="checkbox"/> TEN | <input type="checkbox"/> SEVEN | <input type="checkbox"/> FOUR | <input type="checkbox"/> ONE |

MY REWARD:
