Change Your Habits, Change Your Life

W O R K S H E E T

What behavior do you want to instill and how will you benefit? What is one small (mini) step you can do each day to make this become a habit? What is going to be your cue/trigger to help you be successful?

How will you keep this commitment to yourself and make it a priority?
Briefly describe what a successful outcome will look like for you.

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Check your Habit Boxes

Each day you successfully complete your new habit check ✔ the box, or give yourself a gold star ★.

MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

The following is a poem from an unknown author that illustrates the fact that we become what we think about and act upon:

Be careful of your thoughts ~ your thoughts become your words.

Be careful of your words ~ your words become your actions.

Be careful of your actions ~ your actions become your habits.

Be careful of your habits ~ your habits become your character.

Be careful of your character ~ your character becomes your destiny.

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