

Creating A Habit

The habit I am going to create	Why am I doing this?
How I will benefit from this habit...	Action Plan to change my behaviour
Affirmation	

Start Date:
DAY 30:
DAY 90:

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

30 days to create a habit – 90 days to engrain a habit for life

‘We are what we repeatedly do. **Excellence**, then, is not an act, but a **habit**.’
Aristotle