



My New Healthy Habit

I will create the habit of: _____

It will impact my life in this way:

Checklist:

___ It is meaningful to me

___ It is DOable

___ I have set up environmental reminders

___ I am starting small enough

___ I will acknowledge/celebrate success

___ I recognize that life is not all or nothing. When I skip a day or more, I can always set myself up for success to resume immediately (or the following day)

I will start (when): _____

CONGRATULATIONS!