

21 DAYS TO MAKE A HABIT:

IN THREE TEENY TINY WEEKS, I WILL START: _____

ACCOUNTABILITY: _____

GOOD
HABIT 

THIS IS IMPORTANT TO ME BECAUSE: _____

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

**MOTIVATION
CHECK:**

[THE MAKE A GOOD HABIT MOTIVATION SCALE]:



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"/> TWELVE | <input type="checkbox"/> NINE | <input type="checkbox"/> SIX | <input type="checkbox"/> THREE |
| <input type="checkbox"/> TWENTY | <input type="checkbox"/> SEVENTEEN | <input type="checkbox"/> FOURTEEN | <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"/> THIRTEEN | <input type="checkbox"/> TEN | <input type="checkbox"/> SEVEN | <input type="checkbox"/> FOUR | <input type="checkbox"/> ONE |

MY REWARD: _____