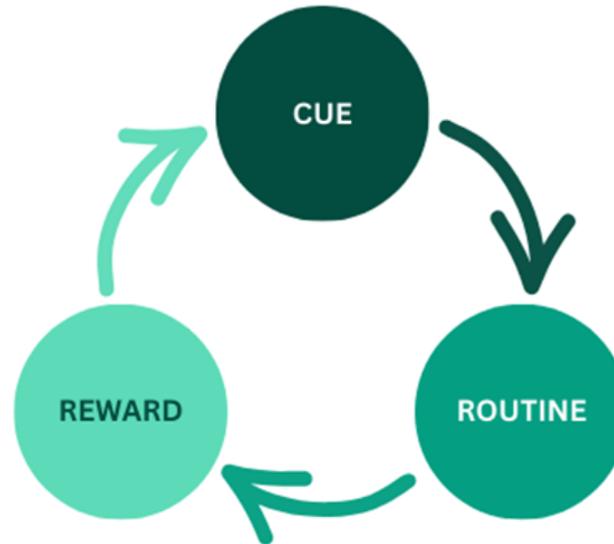


Here's the habit loop. For the habit you want to develop over the next 30 days, note the *cues* that will trigger it, the *routine* you'll carry out (i.e. the habit itself), and the *reward* you'll give yourself for doing it.

Cue: What will trigger you to perform the new habit? (*time of day, a place, after an existing habit etc.*)

Reward: What reward(s) will you get after completing it? (*coffee, watching TV, crossing off a to-do list etc.*)



Routine: What are the exact actions you'll take when doing this habit?



Here's your 30-day habit tracker. Start by writing your habit in the top row. Make it clear and specific using the format:

I will [behaviour] at [time] in [location].

Print and position it somewhere visible where you'll see it every day (preferably in the location where you'll perform the habit) to act as an additional trigger. After performing the habit, track your progress by ticking off the relevant day.

If you miss a day, note the obstacle that caused this and consider how you can remove it for the remainder of the 30 days. Reformulate your habit as needed to make it easier or more enjoyable.

My Habit:							
Day							
	1	2	3	4	5	6	7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5		Day 30					

Obstacles that caused me to miss a day (and any tweaks I can make to make my habit easier or more enjoyable):