

Build New Habits

It's not what you do one time, but what you do on a consistent basis - daily, weekly, monthly, and yearly that has the most profound impact on your life. This is a worksheet to identify your goal, use that as your north star and then identify all of your habits that you must either stop doing, keep doing to start doing in order to reach your goal.

My desired Goal or Outcome:

To achieve this, I will need to:

Stop Doing

Do Less

Keep Doing

Start Doing

Do More