

My *Hacks* to *Habits* Planner

PRIORITY

What's the one hack you want to build into a habit in the next 30 days? Be specific and describe in detail.

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Why is this important to you? What will you be, do or have as a result?

Identify at least 3 reasons why this hack is important to you.

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PLAN

What are the exact steps you will take each day to apply this hack to your life?

Start doing:

Stop doing:

Continue doing:

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PEOPLE

Who can offer support, encouragement and hold you accountable? Identify 1-3 people as your support team.

Support from:

Encouragement from:

Report progress to:

PROGRESS

How will you reward yourself along the way? Cross out the days as you go.

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					

My reward after 7 days:

My reward after 14 days:

My reward after 21 days:

My reward after 30 days: