

Challenge: Build a Habit That Moves the Needle

Instructions: This week, focus on creating or refining one habit that directly supports your goals. Use the space below to reflect on your chosen habit, how you'll implement it, and your plan for tracking progress.

Step 1: Identify Your Habit

What habit will you focus on? Why is it important to your goals?

Step 2: Create an Action Plan

What specific actions will you take to build this habit? What time of day or triggers will remind you?

Step 3: Anticipate Barriers

What challenges might you face? How will you overcome them?

Step 4: Track Your Progress

How will you measure success? Use the space below to jot down any notes or reflections as you go.
