

## **Included in this kit:**

- Habit Tracker
- Activity Log
- Reflective Questions

## Habit Tracker

<b>Dates</b>	S O N D J F M A M J J A _____ to _____
<b>Priorities/Focus</b>	• • • • •

<b>Habit</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

<b>Successes</b>	• • •
<b>Challenges</b>	• • •

# Activity Log

**Date:** \_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

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### **Reflective Questions:**

1. What habits support my goals?
2. What habits detract from my goals?
3. What are my biggest timewasters?
4. What tools can I use to improve my habits?
5. What is my short-term goal? What is my long-term goal?