

Included in this kit:

- Habit Tracker
- Activity Log
- Reflective Questions

Habit Tracker

Dates	<i>S O N D J F M A M J J A</i> ____ to ____
Priorities/Focus	<ul style="list-style-type: none"> • • • • •

Habit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Successes	<ul style="list-style-type: none"> • • •
Challenges	<ul style="list-style-type: none"> • • •

Activity Log

Date: ____/____/____

[illegible]

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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?