

Accelerate Your Positive Habits With Deliberate Practice!

Objective:

1. Identify Your Positive Habit (Ex: Exercise, Journaling, Learning something new, etc.)
2. Schedule a consistent time of day you will engage in your practice, put it on your calendar, and never break it.
3. Engage in the task or effort at the same time every day. This creates the “stickiness” of habit.

<i>My Positive Habit</i>	
	Daily Practice Time x 6 Weeks Ex: 6:00AM
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

After my first week, my benefit will be: _____

After my second week, my benefit will be: _____

After my third week, my benefit will be: _____

After my fourth week, my benefit will be: _____

After my fifth week, my benefit will be: _____

After my sixth week, my benefit will be: _____

After my seventh week, my benefit will be: _____