

Creating a New Habit Plan

Take a few moments to think about the habits you possess that are hindering your life. Think about the worst that's holding you back from better health, greater fitness, more energy, inner peace, comfort, motivation, more happiness... etc.

Current Habits Not Helping Me:
1.
2.
3.
4.
5.
6.
7.
8.
Now consider the following What is important to you?

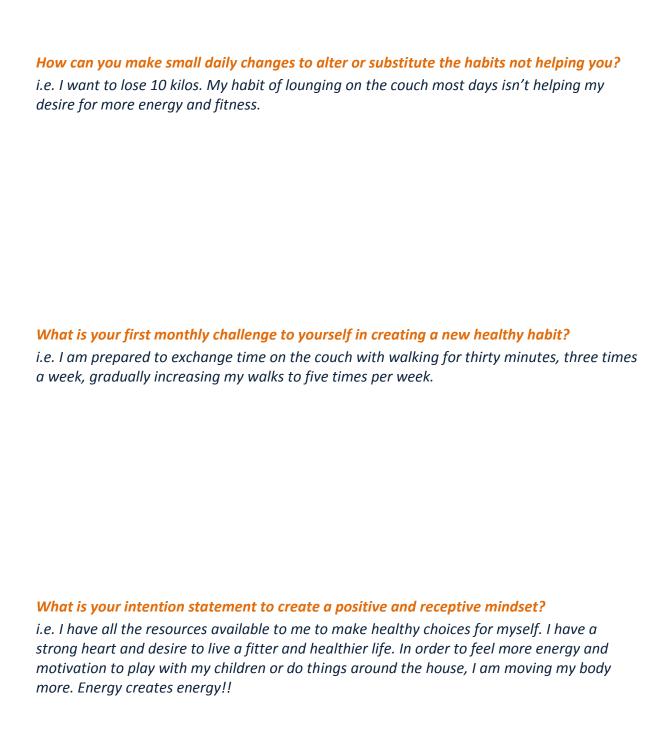
What do you want to be different in your life?





And most importantly, involve you being held ACCOUNTABLE by a Coach, community or like-minded, supportive people. Whatever it is, if you are seeking a place where you can be held accountable, feel confident to share it with your family and friends and tell them what you need from them to help or support you.







Desired Outcome:		
Desired Habit Change:		
Obstacles:		
Plan of Attack:		
Outcome:		

NB: Remember to create SMART goals and set your intention. Share your goals with supportive friends and family. Deadlines and accountability equal action!