



HABIT TRACKER

Crafting stories our souls crave to live...one choice at a time

Choices become Habits, Habits become Systems, Systems support your Designed Life

What I want most for my life:

To make this a reality, some of the choices I could make:

Identify one or two choices that will become your intention for the next month.
Use what is below as your guide. Fold or cut and put the this section somewhere you will see daily.

MY INTENTION FOR THE NEXT MONTH:

I am the kind of person who: _____

Therefore, I will: _____

I will do this (when/where): _____

I will make it attractive by: _____

I will make it easy by: _____

Tracking by Day:

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