

DAILY HABITS LOG

On the chart below, list the positive habits you will integrate into your daily life over the next month.

At the end of each day, colour in the block of the habits you have completed every.

At the end of each week, acknowledge and celebrate your efforts. If there are habits that are not coloured in, ask yourself, “What else needs to change to make this habit effortless?”

Month: _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1.																															
2.																															
3.																															
4.																															
5.																															
6.																															
7.																															
8.																															
9.																															
10.																															