

# Tiny Habits Worksheet

Using the below worksheet, write down your action plan for 3 habits that you will build, commit to and monitor throughout the duration of the program.

You can add any of The Daily 3 practices and 1 - 2 other habits that you want to develop.

In addition to your Daily 3, try not to add too many other new habits as it might become a distraction and overwhelming. Let's focus on building a few good habits at a time.

Tiny habits & actions	After I...	I will ...	and I will celebrate by ...
<i>Example</i>	<i>make my coffee</i>	<i>study 4 pages on Savanna</i>	<i>basking in the sun for 5 minutes</i>
Habit 1			
Habit 2			
Habit 3			



PUT THIS WORKSHEET SOMEWHERE YOU CAN  
SEE IT EVERYDAY

