# 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 … |
| --- | --- | --- | --- |
| ***Example*** | *make my coffee* | *study 4 pages on Savanna* | *basking in the sun for 5 minutes* |
| Habit 1 |  |  |  |
| Habit 2 |  |  |  |
| Habit 3 |  |  |  |

**🌞 PUT THIS WORKSHEET SOMEWHERE YOU CAN**

**SEE IT EVERYDAY 🌞**