

HABIT PLANNER: “Transform your life by Planning your day”																	
“Plan for what it is difficult while it is easy, do what is great while it is small.” - Sun Tzu															Word of the month:		
My Goal			Purpose of my Goal				Time and resources required to achieve my Goal								Beginner steps to get closer & bring clarity		
My Role-Model																	
New Habit		Benefits of this new habit			List of great habits I currently have			Some conscious efforts to build this new habit						Everday Routine/Some important Regular things to remember			
								Who is my successful role model with this habit? Who do I need to be? What can I start to do differently starting from now?						Morning Routine			
Notes/Ideas										Name of my Accountability partner:			Everday Routine/Some important Regular things to remember				
“Certain things catch your eyes, but pursue only those that capture the heart” - Michael Nolan (Ancient Indian Proverb)													Day-Start Ritual				
Habit Trakker - mark as done (you may use stickers)																	
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	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31					
How will I be celebrating my success of living my life with this new habit?								Celebration Date			GRATITUDE & FUTURE VISION						
											What is it about this new habit you are grateful for?						
											What new opportunities does it bring along?						
								With whom/where/when						How do I see myself in my future, with new habit?			
											My Reward of the day: <div> <input type="checkbox"/> » By being able to complete the above tasks I choose to earn my reward. </div> <div> <input type="checkbox"/> » By not being able to complete the above tasks I choose not to earn the reward </div>						