

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)												Day-End Ritual						
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						Evening Ritual			
									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: <input type="checkbox"/> » By being able to complete the above tasks I choose to earn my reward. <input type="checkbox"/> » By not being able to complete the above tasks I choose not to earn the reward			