

Habit Tracker

Create new habits of being present while in action.

New Micro Habit	Done
Add day, date or habit here	<input type="checkbox"/>
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Milestones and Motivation

Goal:

Why do it: Write your main reason here to remind you to keep going.

What success looks like: Be as concrete as possible - use your senses - what do you feel, hear, see?

How to get there	Milestones	Rewards
<ul style="list-style-type: none"> ● Add 1st micro habit 	<ul style="list-style-type: none"> <input type="checkbox"/> Add a milestone. <input type="checkbox"/> How will you know you're successful? 	<p>What small way can you celebrate or reward your success?</p>
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