

NEW HABITS IN ACTION

Inspiration for your habit activation

Start with asking yourself:

- WHY is this important for you?
- How does it feel when you have succeeded?

Prepare for success:

- Choose tiny steps
- Tell your friends
- Make it easy for yourself: let your environment remind you, choose the same time of a day, build sequences etc,
- Reward yourself :)

February

S	M	T	W	T	F	S
	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						

NOTES