habit tracker

one day at a time .....

month

week one						
week two						
week three						

habit one: _____

habit two: _____

habit three: _____

THE FLOW BODY

healthy habits.

- [ ] Choose three habits to commit to for the next 21 days.
- [ ] Focus on simple yet impactful actions that can create a ripple effect in your day - just like throwing a small stone into a still pond. Those ripples, though small, have a mighty reach.
- [ ] Start small and keep it manageable. Once these habits become a regular part of your routine, you can begin to stack new ones on top
- [ ] Be specific. What exactly are you going to do, why, and when?
- [ ] Choose habits that resonate with you, not ones you feel you should do. Pick something that speaks to the season of life you're in.
- [ ] For more tips and guidance, visit journl.co. And remember, take it one day at a time.

habit one.

habit two.

habit three.

why? why is this habit important to you?

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