



Weekly Habits Review

Week of:

Reward at end of week:

- 1. What Daily Habit(s) do I notice I'm not doing at all?**
- 2. What Daily Habit do I notice I'm feeling the most challenged to meet?**
- 3. What are the different ways I would benefit if I practiced this habit at least 2 times a week?**
- 4. What goal can I set to practice this habit at least 2 times a week?**