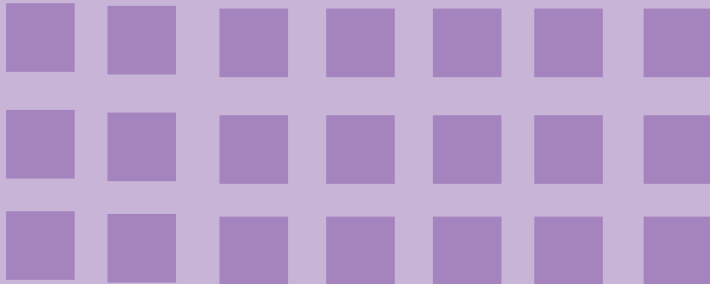
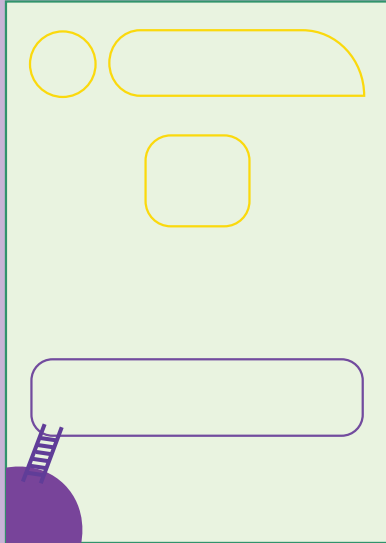



Date:

Habit:



0 Rate yourself out of ten 10

 Write down point of action:

0 Rate yourself out of ten after 21 days of practice 10

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Habits Action Summary:

▶ Start

✗ Stop

▶▶ Continue

 Note down what habits you will start, stop and continue.

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