Designing a Habit

Your unmet need goes in the C line.
Start anywhere else in the model that makes sense.

C

T

F

A

R

Write your statement of intent linking the action of your new habit either to a time and place or linked to an already established habit.

_____

_____

_____

Put this somewhere that you will see it often.

Habit Tracker

Week 1

Engaging questions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 2

Engaging questions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 3

Engaging questions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7