# *Better Habits*

20     18

New Year's Resolution

Fill in a good habit you want to create and a bad habit you want to break. As humans we crave consistency. There's a level of safety in habits. So make sure you're pairing every negative habit with a positive one! The key to fully breaking a habit is <u>replacing it.</u>

## January
good: _____
bad: _____

## February
good: _____
bad: _____

## March
good: _____
bad: _____

## April
good: _____
bad: _____

## May
good: _____
bad: _____

## June
good: _____
bad: _____

## July
good: _____
bad: _____

## August
good: _____
bad: _____

## September
good: _____
bad: _____

## October
good: _____
bad: _____

## November
good: _____
bad: _____

## December
good: _____
bad: _____

Remember: Progress not Perfection!

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