

MAY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
2 ☆☆☆☆☆	3 ☆☆☆☆☆	4 ☆☆☆☆☆	5 ☆☆☆☆☆	6 ☆☆☆☆☆	7 ☆☆☆☆☆	8 ☆☆☆☆☆
9 ☆☆☆☆☆	10 ☆☆☆☆☆	11 ☆☆☆☆☆	12 ☆☆☆☆☆	13 ☆☆☆☆☆	14 ☆☆☆☆☆	15 ☆☆☆☆☆
16 ☆☆☆☆☆	17 ☆☆☆☆☆	18 ☆☆☆☆☆	19 ☆☆☆☆☆	20 ☆☆☆☆☆	21 ☆☆☆☆☆	22 ☆☆☆☆☆
23 ☆☆☆☆☆	24 ☆☆☆☆☆	25 ☆☆☆☆☆	26 ☆☆☆☆☆	27 ☆☆☆☆☆	28 ☆☆☆☆☆	29 ☆☆☆☆☆
30 ☆☆☆☆☆	31 ☆☆☆☆☆					

Refresh & Repeat

Pick one to two habits that need a refresh.

How can you make your habit:

- 1) Easy
- 2) Satisfying
- 3) Attractive
- 4) Obvious

My habit to REFRESH: _____

How are you going to make your habit ...

- 1) Easy _____
- 2) Satisfying _____
- 3) Attractive _____
- 4) Obvious _____

Rate your habits for the day.



Reaccess after each week. Ask yourself: "What is working well?" "What are my hiccups?"

HABIT TRACKING