

My 90-DAY HABIT BUILDER

Successfully build a habit. Failure is part of the process, but you need to minimize it to less than 15 % of the time by succeeding at least 90 out of 100 days.

HABIT is: _____

In which area of your Life?
(circle one)

Personal
Life

My Job

My
Relationships

My
Business

My
Finances

My
Health

1 ★ Start Day	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	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100 ★ You did it!