

better

THAN YESTERDAY

21-DAY HABIT CHALLENGE

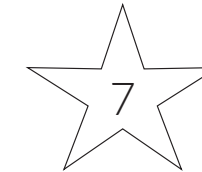
What's the habit you're trying to create over the next 21 days?

Why is it important to you that you create this habit?

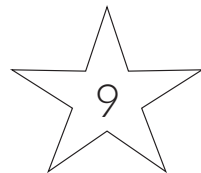
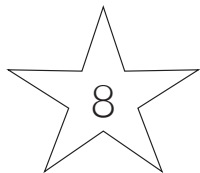
What strategies are you implementing to create this habit?

Shade in the star below if you've managed to execute your desired habit on the given day

WEEK 1



WEEK 2



WEEK 3

