

list of habits

POSITIVE HABITS TO LEARN

phone or message a loved one
social media detox
eat mindfully
go to bed by 'x' pm
write in your journal
give someone a compliment
read a book
respond to emails
play with your dog
complete to do lists
drink enough water
solo dance party
positive affirmations

NEGATIVE HABITS TO BREAK

comparing yourself to others
staying up late
hitting the snooze button
saying yes to everything
being pessimistic
over-spending
procrastination
being late
not stretching before & after a workout
not setting boundaries
studying on your bed
skipping breakfast
doubting yourself



habit tracker

For the month of: *January*

	1	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	
woke up on time			■			■	■					■		■				■			■		■	■	■			■		■		
ate breakfast	■	■	■		■	■			■	■		■	■	■			■	■		■		■	■	■		■		■	■		■	
read a book			■				■				■				■					■					■							
replied to emails	■	■	■	■	■		■	■	■		■		■	■	■		■	■	■	■	■		■	■	■	■	■		■	■	■	
posted on instagram		■		■	■	■	■	■	■	■		■	■	■	■	■	■	■		■	■	■	■		■	■	■	■		■	■	
ate a healthy lunch	■	■	■		■	■		■	■	■		■	■		■		■				■				■			■	■		■	
did a workout	■		■		■			■				■							■				■	■					■		■	
phoned grandma			■			■			■						■				■					■						■		
slept before 10pm	■	■		■		■				■			■		■					■	■	■		■	■	■			■		■	
social media detox	■		■									■							■					■					■			

