

21 DAYS TO BREAK A HABIT:

IN THREE TEENY TINY WEEKS, I WILL STOP: _____

☐ ACCOUNTABILITY: _____



WHERE, WHEN & WHY AM I DOING WHAT I AM DOING?

I AM ESPECIALLY SUSCEPTIBLE:

**MOTIVATION
CHECK:**

[THE BREAK YOUR BAD HABIT MOTIVATION SCALE]:



REPLACEMENT HABIT:

KNIT A SCARF, DO 100 JUMPING JACKS, TAKE DEEP BREATHS, CALL MY MOM, DANCE, READ A BOOK, CLEAN THE HOUSE!

COUNT DOWN THE DAYS TO SUCCESS:

- | | | | | | | |
|-------------------------------------|------------------------------------|-----------------------------------|---------------------------------|--------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> TWENTY-ONE | <input type="checkbox"/> EIGHTEEN | <input type="checkbox"/> FIFTEEN | <input type="checkbox"/> TWELVE | <input type="checkbox"/> NINE | <input type="checkbox"/> SIX | <input type="checkbox"/> THREE |
| <input type="checkbox"/> TWENTY | <input type="checkbox"/> SEVENTEEN | <input type="checkbox"/> FOURTEEN | <input type="checkbox"/> ELEVEN | <input type="checkbox"/> EIGHT | <input type="checkbox"/> FIVE | <input type="checkbox"/> TWO |
| <input type="checkbox"/> NINETEEN | <input type="checkbox"/> SIXTEEN | <input type="checkbox"/> THIRTEEN | <input type="checkbox"/> TEN | <input type="checkbox"/> SEVEN | <input type="checkbox"/> FOUR | <input type="checkbox"/> ONE |

MY REWARD: