

HABIT STACKING WORKSHEET

CHANGE YOUR LIFE FROM THE BOTTOM UP!

MY ULTIMATE GOAL

Enter the life change you ultimately want to achieve here:

MAJOR CHANGE #3

STEP 3: Discover the incremental changes you need to make to achieve your major change. Think about building new, beneficial habits on top of one another. Try to come up with at least three.

MAJOR CHANGE #2

STEP 3: Discover the incremental changes you need to make to achieve your major change. Think about building new, beneficial habits on top of one another. Try to come up with at least three.

MAJOR CHANGE #1

STEP 3: Discover the incremental changes you need to make to achieve your major change. Think about building new, beneficial habits on top of one another. Try to come up with at least three.

STEP 2: Define three major changes you need to make to get you from where you are now to where you want to be.

STEP 1: DEFINE THE STATUS QUO

What is the status quo that needs to change?

HABIT TRACKING

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN