Below, I want you to list **FIVE** habits you have tried to create in your life within the last few years that were **NOT** successful.

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Now, I want you to brainstorm… What are ways you could actually put the new habits you want to create into **ACTION** not **MOTION**? Think of **FOUR** new habits you could place into action then explain what it is and how you will below.

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For one week, I’m challenging you to perform your new habit **ONCE** per day. You must receive a check mark or smiley face each day. In addition, you must show a picture as evidence you also completed the habit. Use the spaces below to write how the habit went that day.

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