**Atomic Habits - Chapter 20**

This chapter covers reflecting on your progress or lack of progress, so you are able to get better at your habits. You should also reflect on your habits to ensure that you’re not just doing the habit, but also refining / getting better at it.Think about the habits you are working on and fill out the chart below.

| **Habit** | **What Has Gone Well** | **What Hasn’t Gone Well** | **What You Have Learned** |
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1. What can you do to make sure you are not just doing your habits, but also refining and/ or getting better at them?
2. How are your habits helping you become the person you want to be?