**21 DAY HABIT CHALLENGE TO BUILD A BETTER LIFE**

**What habit do you want to make or break?** Where do you currently feel stuck? What pattern has been repeating itself in your life? In which area do you currently have a strong desire to grow? ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

*Habits are* ***intricately ingrained in our lives*** *so when you begin to look deeper into why you do the things you do; it’s not uncommon to find a complex and tangled root system beneath seeming simple habits. It’s for this very reason that gentleness is required and that you choose a challenge that stretches you, but that feels manageable at this time. Start simple and remember that there are* ***seventeen 21-day periods in the year****, so you don’t have to shift everything today.*

**Why do you want to change? What difference will this make in your life?** ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**What obstacles will you face? (include feelings, cravings, what your triggers are, motivation levels, self-belief?**

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**What support can you put in place?**

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**What small steps can you take to go forward?**

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**Celebrate your success! (Choose a reward that will boost your well-being)**

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