

★ HABIT WORKSHEET ★

(Repeat for as many as you like)

- SPECIFIC ACTION : _____
(e.g. begin each day w/ 15 minutes of writing)
- WHERE YOU'LL DO IT : _____
- WHEN YOU'LL DO IT : _____
(PUT IT ON YOUR CALENDAR)

SUPPLIES
you'll need

SUPPORT
you'll need

→ OBLIGERS:
What system of
ACCOUNTABILITY
will you use?

QUESTIONERS:

➤ REVERSE ← ←
ENGINEER
WHAT STEPS DO YOU TAKE in
ORDER to "DO the THING"?

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