

Habit Tracker

Create a new habit of being present, one small micro habit at a time.

[illegible]

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Milestones and Motivation

Goal:

Why do it: Write your main reason here to remind you to keep going.

What success looks like: Be as concrete as possible - use your senses - what do you feel, hear, see?

How to get there	Milestones	Rewards
<ul style="list-style-type: none">Add 1st micro habit	<input type="checkbox"/> Add a milestone. <input type="checkbox"/> How will you know you're successful?	What small way can you celebrate or reward your success?
<ul style="list-style-type: none">Add next micro habit	<input type="checkbox"/> Milestone	Add a reward