Habit Worksheet

Use this worksheet to set a goal for a *Repeating Action*.

1. What am I trying to improve by setting this goal?

| Area of Life | Values |
| --- | --- |
|  |  |

2. What Action will I take to make progress? e.g. Exercise

|  |
| --- |
|  |

3. How many times will I do this per day, week or month?

| Goal | Time Period |
| --- | --- |
|  |  |

Goal: I’ll do this X times per Time Period (Day, Week or Month)

| Start Date | When to Track |
| --- | --- |
|  |  |

4. When will I start? When will I track my progress? e.g. Daily at 8pm

5. What is my SMART goal for this Habit?

Starting \_\_\_\_\_\_\_\_\_\_\_\_, I will \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ times per \_\_\_\_\_\_\_\_\_.

Time Period

Goal

Action

Start Date