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

Goal	Time Period

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

Start Date	When to Track

5. What is my SMART goal for this Habit?

Starting _____, I will _____ _____ times per _____.

Start Date   Action   Goal   Time Period