

Habits I'm Building

Consistency creates confidence.

You showed up.
That counts.



My habits

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

If I do _____ for at least _____ days this week,
I will reward myself with:

This habit made me feel: