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21 Days To A New Habit

Simple Habit-Building Plan
&
Reflection

Small steps. Daily consistency

DISCIPLINE TODAY. FREEDOM TOMORROW

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HOW TO USE

- Choose one habit you want to build or improve.

- For 21 days, take action every day – even if it's small.

- Mark each day you complete your habit.

- Use the reflection page after day 21 to review your journey

- Stay consistent, be kind to yourself, and trust the process.

Remember:
You don't have to be perfect.
You just have to be consistent.

start date _____

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Set Your Habit Intention

Before you start, jot down your new habit, why it matters to you, and when you'll do it. A small daily step adds up to big change over time.

Habit:

_____

Why i want to build this habit:

_____

_____

When will i do this habit?

_____

One small step i'll take each day:

_____

Reward after 21 days:

_____

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DAYS	CHEERING YOU ON	COMPLETED
1	Every new habit starts with one choice.	☐
2	Small actions create big changes.	☐
3	Keep showing up for yourself.	☐
4	Progress matters more than perfection.	☐
5	Consistency builds trust in yourself.	☐
6	Growth happens one day at a time.	☐
7	One week down. Be proud of yourself.	☐

How Did This Week Feel?

Celebrate your progress, no matter how small.

1 2 3 4 5

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DAYS	CHEERING YOU ON	COMPLETED
8	Keep the promise you made to yourself.	☐
9	Difficult days count too.	☐
10	You are stronger than your excuses.	☐
11	Stay focused on the person you're becoming.	☐
12	Small wins deserve celebration.	☐
13	Every step forward still counts.	☐
14	Two weeks of showing up. Keep going.	☐

How Did This Week Feel?

Celebrate your progress, no matter how small.

1 2 3 4 5

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DAYS	CHEERING YOU ON	COMPLETED
15	You have already come so far.	☐
16	Trust the process.	☐
17	Your future is built by today's actions.	☐
18	Discipline today. Freedom tomorrow.	☐
19	Keep choosing yourself.	☐
20	The habit is becoming part of you.	☐
21	You did it. Keep growing.	☐

How Did This Week Feel?

Celebrate your progress, no matter how small.

1 2 3 4 5

Reflection

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Celebrate your progress. Learn from the journey. Keep growing.

What went well during these 21 days?

What was challenging?

What did I learn about myself?

How will i continue this habit beyond day 21.

MESSAGE TO MY FUTURE SELF