

Build a Habit

As you follow along with the [guided audio](#), write down your answers. Need more time? You can always pause or come back to it.



To complete this activity sheet from your mobile device, download it and then type in your answers. If you're on a computer, you can download and print it out, and write your answers in by hand.

What new habit do I want to build?



Stack some habits!

Choose a habit in your current routine to stack your new habit on.



How can I make my new habit fun?

Who or what could enhance your experience?



What might get in the way?

List any obstacles you might face while building your new habit.



How could I get back on track?

An "off" day is no biggie. How could you bounce back?



Congratulations on taking your first step!

Come back anytime you want to build another habit or review the strategies you learned today. Keep up the great work!