

GOOD HABITS!

Habit: _____
Start: _____
Goal Date: _____
Achieved: _____

Mark off a # for each day you accomplish your goal.
If you miss a day, start over. When you have successfully completed 21 days in a row your goal will have become a good habit.

TRIAL #1:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21

TRIAL #2:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21

TRIAL #3:

1 2 3 4 5 6 7
8 9 10 11 12 13 14
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By Rachel Woods, LDS Guide
<http://lds.about.com>

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