

Sample HABIT TRACKER to Help YOU Build Better Habits

Based on the book *Atomic Habits* by James Clear

THE HABIT I WANT TO WORK ON IS: _____

I will use the following strategies to make the habit...	
<i>Obvious</i> (habit stacking, environment):	<i>Easy</i> (prime the environment, 2-minute rule):
<i>Attractive</i> (temptation bundling, join a culture):	<i>Satisfying</i> (immediate reward, habit tracker, negative consequence):

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