



# Weekly Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12 noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

The Two Small Habits That I Am Going To Change This Month

- 1.
- 2.

Date that I plan to have created these new habits by (usually in one month's time);

If you have successfully created these new habits, are there some other habits that you would like to change? If so, start this process over again. If you did not successfully change them, then why not? Do you just need more time, or is there something else in your life that you need to change first to make way for them? If so, formulate a plan. Sit down with a trusted friend if need be and discuss it. Or fill out the form to re-evaluate on the *Forms and Documents* page on the website.