

One small habit. Thirty chances to practice.

Choose one realistic action. Mark a box each day you do it.
Missed a day? Continue with the next one.

MY SMALL DAILY ACTION

WHEN I WILL DO IT

START DATE

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐
DAY 7 ☐	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐	DAY 11 ☐	DAY 12 ☐
DAY 13 ☐	DAY 14 ☐	DAY 15 ☐	DAY 16 ☐	DAY 17 ☐	DAY 18 ☐
DAY 19 ☐	DAY 20 ☐	DAY 21 ☐	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐
DAY 25 ☐	DAY 26 ☐	DAY 27 ☐	DAY 28 ☐	DAY 29 ☐	DAY 30 ☐

WHAT MADE IT EASIER?

Keep the action small enough for an ordinary, busy day. This is a planning tool, not a test.