



CREATING BETTER HABITS TO LIVE TO YOUR HIGHEST POTENTIAL

Good Habit: _____

How can I reduce friction to complete this habit (make it easier):

1 _____

2 _____

3 _____

Bad Habit: _____

How can I increase friction to stop this habit (make it harder):

1 _____

2 _____

3 _____

Healthy Habits	M	T	W	T	F	S	S

Healthy Habits	M	T	W	T	F	S	S

Healthy Habits	M	T	W	T	F	S	S

Healthy Habits	M	T	W	T	F	S	S