

***"We are what we repeatedly do" – Aristotle***

O	O	O	O	O
O	O	O	O	O
O	O	O	O	O
O	O	O	O	O
O	O	O	O	O
O	O	O	O	O

**Instructions for using this sheet to help form a habit in 30 days:**

1. Start in the top left hand corner for Day 1.
2. Every day that you successfully 'do' the trial habit, draw a line to connect it to the 'O' in the adjoining box. If you miss one, leave it blank and pick up again the next day.
3. Connect each 'O' day by day until you have a continuous connected line.
4. Decide whether or not to keep up your newly formed habit!

Notes: