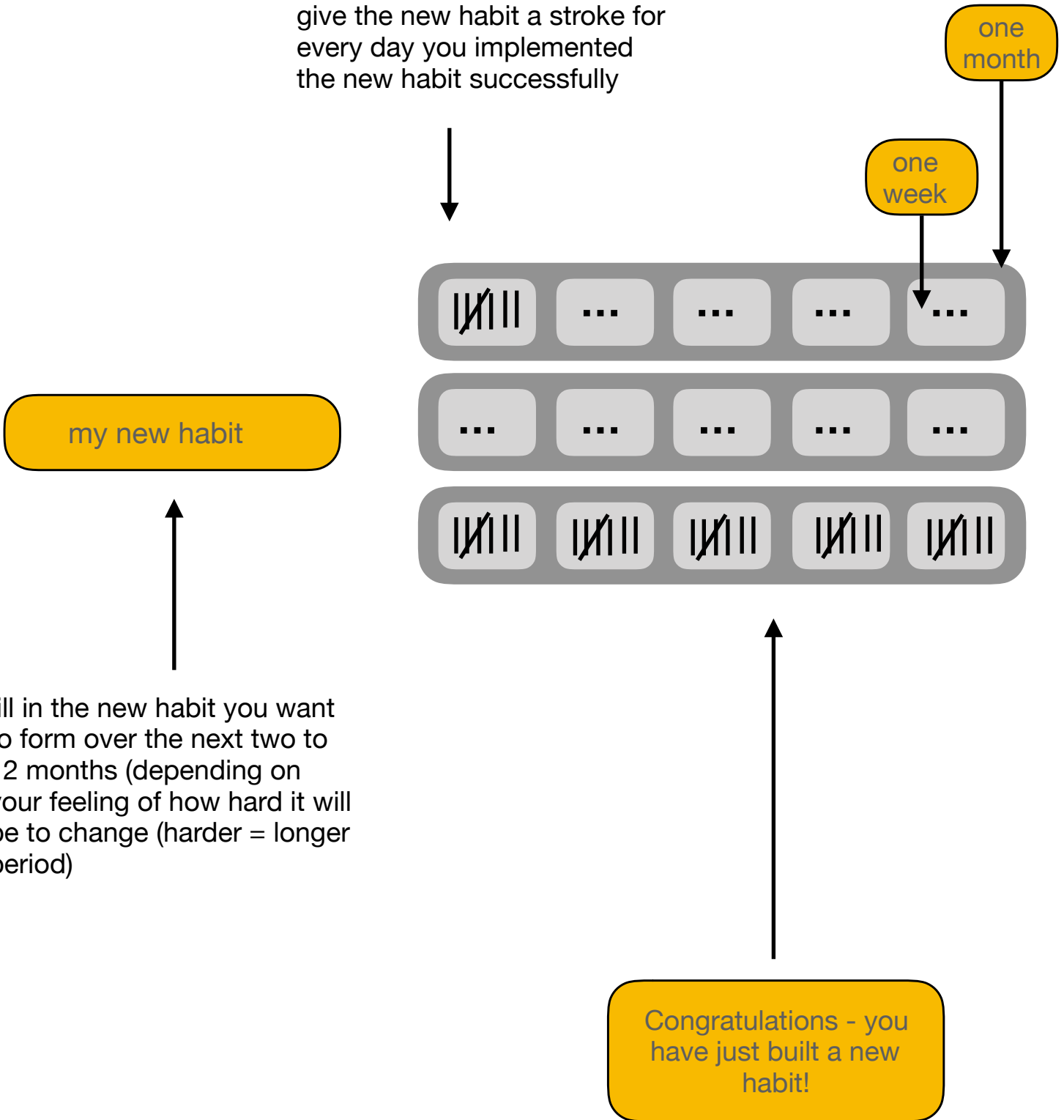


give the new habit a stroke for every day you implemented the new habit successfully



fill in the new habit you want to form over the next two to 12 months (depending on your feeling of how hard it will be to change (harder = longer period))

*cheat sheet - habit tracker*



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