Commit to a new habit

1- Start something new

In this goal planner, I give you ideas on how to break a goal down into smaller goals. If your goal is to eat healthy, make a list of things or habits that will help you achieve that. Then select the ones that you can work on right now. Commit to something easy that can be part of your daily routine. Keep things simple in your planning. For example, I will pack three lunches on Sunday nights.

2- Set reminders

Write it down, add it to your calendar or phone. Set up a buddy system. Find a time that works for you. Challenge yourself. Introduce this new habit with something that you already do. For example, before I shower I will exercise for 5 minutes. When I go grocery shopping I have already eaten and I have my grocery list.

3- Track it down

Mark it down on your calendar and keep it up. Keep practicing this new habit to make it part of your routine. Remind yourself why this habit is important. Focus on the benefits. Keep writing it down, this helps to stay organized to maintain it and to keep making changes.

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EXAMPLE OF MONTHLY GOAL PLANNER CHECKLIST

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- [ ] Address your habits
- [ ] Write down which habits you like
- [ ] Write down which habits need changing
- [ ] Select top 1-3 habits to add or work on
- [ ] Write down new goals or habits
- [ ] Commit and select any of these options
- [ ] Set aside a grocery budget
- [ ] Arrange your pantry/clean fridge
- [ ] Use something from pantry/fridge
- [ ] Get ideas for weekly meals
- [ ] Find new health/meals app
- [ ] Write down your default meals
- [ ] Experiment one new meal per week
- [ ] Keep breakfast and lunch meals simple
- [ ] Set aside an eating out budget
- [ ] Develop a weekly menu
- [ ] Shop or order groceries pick up
- [ ] Prep and cut up some items for easy meals
- [ ] Be more mindful when eating
- [ ] Find 30 minutes to go for a walk
- [ ] Practice your goal
- [ ] Find a buddy
- [ ] Track your goals
- [ ] Make changes to your goals

NOTES

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- [ ] Address your habits
- [ ] Write down which habits you like
- [ ] Write down which habits need changing
- [ ] Select top 1-3 habits to add or work on
- [ ] Write down new goals or habits
- [ ] Commit
- [ ] **Your turn:**
- [ ] Arrange
- [ ] Use
- [ ] Get ideas for
- [ ] Find new
- [ ] Write down your default
- [ ] Experiment
- [ ] Keep
- [ ] Set aside
- [ ] Develop
- [ ] Shop or order
- [ ] Prepare
- [ ] Be more
- [ ] Find 30 minutes to
- [ ] Practice your goal
- [ ] Find a buddy
- [ ] Track your goals
- [ ] Make changes to your goals

NOTES

WEEKLY GOALS

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I WILL...WHAT, WHEN, WHERE

HABITS

	M	T	W	T	F	S