

Create Freedom and Ease with Habits and Routines

with Janine Adams & Shannon Wilkinson

Three keys of habit creation:

1. Make it small
2. Attach it to something you're already doing
3. Celebrate doing it or just remembering

What's one new habit you'd like to create? (Is it small enough to be very doable?) _____

Why is this important to you? What do you hope to gain from creating this habit? _____

What established habit or routine are you going to add it after: _____

What will you say to yourself to celebrate? _____

Tools to support creating new habits: Which tools will support you in creating your new habit?

www.DontBreaktheChain.com
www.Habitforge.com
www.JoesGoals.com
www.StickK.com
www.DailyFeats.com
www.TinyHabits.com
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