

Healthy Habits Worksheet

Question 1: What's your BIG WHY?

Question 2: What are your short & long term goals that are realistic and doable?

Question 3: On a scale of 1-10, what's your current level of motivation for working on each of these goals?

Question 4: What challenges or obstacles, might keep you from following through with your habits & goals?

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Question 5: What habits do you want to start working on today? Pick up to 5 & put an * next to your top 2.

Question 6: What are all the ways you will monitor or track your progress?

Question 7: What tools and resources will you use to help you follow through with your habits & goals?

Question 8: Who is your support system to help you stay accountable? Note: This may be yourself.