



Thometz
Life Coaching

#4 - Habits Action Plan Worksheet

"Make sure that what makes you feel good doesn't make you feel bad." Gretchen Rubin, *Better Than Before*

"Perhaps what makes you feel bad, might make you feel good."

Habits I Love **Primary** **Secondary** **New Habit**
(habits in place) (diet, exercise) (came out of primary) (or in progress)

Habits I Can Do Without:

Time of Day Habit/Activity Day of Week - Specific Habit

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday