



Thometz
Life Coaching

#3 - Habits Log - Day of the Week: _____

"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."

Habit: a settled or regular tendency or practice. Can be good or bad.

Create your time log in a way that caters to *YOUR* day!

Time Activity How Did I Feel? What I Wish I'd Done Good Habit Formed Bad Habit Denied

5 AM

7 AM

9 AM

11 AM

1 PM

3 PM

5 PM

7 PM

9 PM