

#NEWYEARSHABITS

Create habits not resolutions this year!

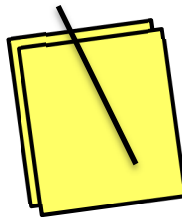
PICK A NEW HABIT

Pick one new habit to create.

Start small and build it up over time.

PICK A TRIGGER

- An existing habit.
- A specific time of day.
- An alarm or calendar reminder.



WRITE DOWN YOUR HABIT

Write your habit on 3 sticky notes.

Place one sticky note by your bed, one at your desk and one in your habit location.

Read the habit note to yourself every day.

RECORD YOUR PROGRESS

Draw a 5 x 7 grid on 2 sticky notes to record your daily progress for 60 days.

Record every day you do your habit on the sticky note with a grid.

Commit to never missing more than one day in a row.

"We are what we repeatedly do. Excellence then is not an act but a habit" - Aristotle.

50% of what you do every day is a habit.

To create a new habit all you need is sticky notes and a pen.

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