

HABIT ADJUSTER

DATE: _____

Take stock of your current habits and chart a course for improvement. This tool empowers you to cultivate a more fulfilling and intentional daily routine and embrace positive change.

CATEGORY	MY CURRENT HABITS	HOW CAN I IMPROVE THIS HABIT?
HEALTHY BODY		
HEALTHY MIND		
HEALTHY FINANCES		
HEALTHY RELATIONSHIPS		
HEALTHY SENSE OF PURPOSE		
HAVING FUN		