

## OVERCOMING A HABIT: DAILY LOG

PART V



Worksheet 9

*Change is built one day at a time. Use the Daily Log for at least one month to track your progress. Be honest yet gentle with yourself. Each day is an opportunity to learn, adjust, and move forward.*

Date: \_\_\_\_\_

**The habit I am committed to eliminating:**

\_\_\_\_\_

**Did I resist the habit today?**

☐ Yes    ☐ No    ☐ Partially

● **What helped me resist or weaken this habit?**

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● **What thoughts, moods, or circumstances triggered the habit?**

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● **How did I respond to those provocations?**

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● **What victory or progress did I achieve today in my efforts to overcome this habit?**

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● **What patterns or situations will I watch for tomorrow to stay on course?**

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● **What victory do I hope to achieve tomorrow?**

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