

NEW HABIT DAILY PROGRESS JOURNAL

PART V



Worksheet 13

Date: _____

The habit I am establishing:

My daily goal is

● **What went well today?**

● **What challenges did I face, and how did I respond?**

● **What did I learn about this habit today?**

● **What did I learn about myself today?**

● **What adjustments to my thoughts or routine would help?**

● **What is my goal for tomorrow?**

