

31 Days To Form a New Habit

I can do all this
through him who
gives me strength.

Philippians 4:13, NIV

OVER THE NEXT MONTH, I'M GOING TO START:

WHO'S KEEPING ME ACCOUNTABLE?

SMALL STEPS I CAN TAKE TOWARD THIS GOAL:

WHY DO I WANT TO START THIS HABIT?

So we must not get
tired of doing good,
for we will reap at
the proper time if we
don't give up.

Galatians 6:9, HCSB

HOW WILL THIS NEW HABIT AFFECT MY LIFE?

Count Down the Days to Success:

31	28	25	22	19	16	13	10	7	4	1
30	27	24	21	18	15	12	9	6	3	
29	26	23	20	17	14	11	8	5	2	

Daily Progress Tracker

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

1 Corinthians 9:24, NIV

Monday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Tuesday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Wednesday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Thursday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Friday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Saturday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?

Sunday

Date:

WHAT DO I WANT TO ACCOMPLISH TODAY?

WHAT'S SOMETHING I NEED TO WORK ON?

HOW HAVE I MADE PROGRESS?
