



## Habit Cards

Print and fill out a set of Habit Cards below. These can be placed somewhere you will see them as a reminder of your new habits!

After I ...

I will...

and celebrate by... !



**1. STARTING PLACE**

Choose an event or activity that already exists in your life.



**2. ACTION**

Add a very small, very easy action immediately after.



**3. REWARD**

Celebrate each time you complete the new action to make it stick.



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