

Habit Action Plan:

What: I commit to...	
Why:	
Trigger/Cue:	
How/Action Steps:	How/Strategy:
When:	Start Date:
	Where:
Ideal Target:	
Mini Commitment:	
Affirmation:	
Potential Obstacles/Solutions:	
Skip Rule:	Falter Plan:
Mastery:	
Reward/Consequence:	