

MAMASMOMENTUM ♦ MAKING-A-HABIT ♦ 4-WEEK TRACKER

- IT TAKES FOUR WEEKS TO MAKE A HABIT
- THE BENEFITS OF DAILY GRATITUDES ARE LIMITLESS
- WE SOLIDIFY LEARNING BY REFLECTING AND BUILDING PERSONAL UNDERSTANDING

MY HABIT TO BUILD IS _____, I WILL SUPPORT THIS FOCUS BY (HOW) _____

WEEK 1	GRATITUDE	HABIT ✓	REFLECTION
DAY ONE:			
DAY TWO:			
DAY THREE:			
DAY FOUR:			
DAY FIVE:			
DAY SIX:			
DAY SEVEN:			

WEEK 2	GRATITUDE	HABIT ✓	REFLECTION
DAY ONE:			
DAY TWO:			
DAY THREE:			
DAY FOUR:			
DAY FIVE:			
DAY SIX:			
DAY SEVEN:			

WEEK 3	GRATITUDE	HABIT ✓	REFLECTION
DAY ONE:			
DAY TWO:			
DAY THREE:			
DAY FOUR:			
DAY FIVE:			
DAY SIX:			
DAY SEVEN:			

WEEK 4	GRATITUDE	HABIT ✓	REFLECTION
DAY ONE:			
DAY TWO:			
DAY THREE:			
DAY FOUR:			
DAY FIVE:			
DAY SIX:			
DAY SEVEN:			