

Extra HABITS SCORECARD



STEP 1: MAKE A LIST

Make a list of your daily habits. Start at the beginning of your day and write down each habit you do: wake up, turn off your alarm, make your bed, brush your teeth, etc.



STEP 2: MARK IF IT IS GOOD OR NOT

For each habit, mark if it is a good habit or not. If it's a good habit, write "+" next to it. If it's a bad habit, write "-" next to it. If it is a neutral habit, write "=" next to it.



STEP 3: REFLECT ON YOUR HABITS

Review your list of habits and answer the following questions:

1. What good habits do you want to keep or develop more?
2. What bad habits do you want to break?
3. What new habits do you want to start developing?
Make a list of those new habits.

What makes a habit good or bad?

Habits that reinforce the type of the person you want to be are generally good. Habits that conflict with your desired identity are generally bad.

Daily Habits	Positive (+), Negative (-) or Neutral (=)

New Habits

