

# Habit Former / Ritual Creator

HOW TO USE: Simply write 3 habits that you will believe will have a profound impact in your personal business life if they became permanent. Choose the habits that you think would have biggest impact for YOU (below are just some examples). For 30 days, place a ✓ tick for when you achieve them daily.

Start re-writing your agreement with reality now!

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

I \_\_\_\_\_(insert name)\_\_\_\_\_, promise to commit to my above habits for the entire month. Whilst the first few days may seem strange, I know that in the end it will have made a profound impact on my personal and business life and I can't wait to get started! First I make my habits then my habits make me.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_