

YOUR GUIDE TO 6 NEW HABITS::



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
HABIT 1								
HABIT 2								
HABIT 3								

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	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
HABIT 4								
HABIT 5								
HABIT 6								

HOW IT WORKS

PHASE 1:: Preparation

1. Choose 6 habits you want to create for yourself over the next 12-month period. If you can't think of 6, start with what you can think of. This exercise is not about quantity, it's about quality.
2. Prioritize your habits from one through six (or however many you've chosen). Your top priority habit will be Habit 1, #2 will be Habit 2, and so on.
3. Write each habit in the corresponding box to your priority list.
✓ Take a deep breath and congratulate yourself on taking the first step to creating your new habits. And now, get ready for step 2!
4. Take Habit #1 and break it down into 8 steps. Make the first step a simple one, and then increase the difficulty through step 8. (see [Zen Habits](#)¹ for more depth on creating your steps)
5. Repeat step 4 for Habits 2-6.
✓ Take another deep breath and congratulate yourself for making a plan to turn your habits from pipe dreams into reality. Now you're ready to get to work on them!

PHASE 2:: Action

1. Keep your worksheet visible—where you can see it, every day.
2. Begin with Habit 1, Week 1. Week 1 should show the step of your habit that you're working towards on a daily basis. Once you've completed that step each day, simply place an "X" over the corresponding day of week. It might look something like this:
3. Once you've completed Week 1, repeat for Weeks 2-8.
4. Once you've completed Week 8, your Habit will be firmly in place, ready for you to make the most of it.
5. Repeat steps 2-4 for Habits 2-6 and watch yourself *be your authentic you!*



¹ <http://6changes.com/post/284548235/method>