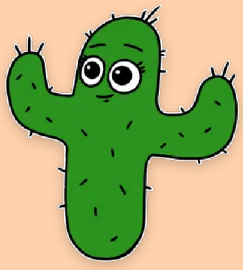
THINKING SHEET · PLAN AND REFLECT

Build a Tiny Habit

Big changes start with tiny habits. Pick one and track it!

Name: _____ **Date:** _____



My tiny habit:

I'll do it right after I...

Color a square each day you do it

Day 1	Day 2	Day 3
Day 4	Day 5	Day 6
Day 7	Day 8	Day 9

Me doing my habit

What made it easy or hard:

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