

21 DAYS TO MAKE A HABIT

IN THREE WEEKS, I WILL BEGIN

WHY DO I NEED TO DO THIS?

HOW DOES MY MOTIVATION RATE?

1

2

3

4

5

JUST A PIPE
DREAM

FEELING READY

LET'S GET THIS
SHOW ON THE
ROAD!

I KNOW I CAN DO THIS BECAUSE:

I AM A LEGEND

I HAVE A BFF THAT WILL HELP ME

IT'S MY TIME

IT'S ABOUT TIME

MY STRATEGY WHEN I WANT TO GIVE UP:

MY REWARD:

COUNT DOWN THE DAYS

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21

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