

# WEEK FOUR: MAKING IT HAPPEN

FIVE YEAR GOAL

ONE YEAR GOAL

ONE MONTH GOAL

ONE WEEK GOAL

## WEEK 4: HOW ARE YOU GOING TO MAKE IT A HABIT?

*When it comes to creating good habits, start small. If you want to start flossing, you can commit to flossing one tooth per day. How can you make micro-commitments to being better?*

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*What is your big goal?*

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*How can you make it smaller? What is the smallest piece of the goal?*

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## WEEK 4: HOW ARE YOU GOING TO MAKE IT A HABIT?

*What are your steps?*

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*How can you span your progress over a period of time?*

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*How can you hold yourself accountable? Is it telling someone, getting a calendar, etc.?*

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