



# 36 Days to a new habit!

"Anything we do constantly, overtime, tends to improve." –Dan Millman

My Focus:

Start Date:

Target Date:

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	32	33	34	35	36

**How to Use the 36 Day Challenge:** Habits are created from consistent repetition. Make a long term change in your life by committing to the new habit for 36 days in a row. If on day 22 you skip the day, you will need to start all over again on Day 1.