

Name:

Date:

My Age:

Productive Habits Development Worksheet

Good Habits I Want To Build

New productive habits I want to start:

1.

2.

3.

Why are these habits important to me?

Bad Habits I Want To Stop

Habits I want to improve or stop:

1.

2.

3.

4.

5.













What can I do instead?

Daily Habit Checklist

- Wake up on time
 - Stay organized
 - Read or learn something new
 - Exercise or stay active
 - Complete important tasks
 - Practice positive thinking
 - Others
-
-

My most important daily habit:

Weekly Progress Review

Week	Progress Update	Mood
Week 1		  
Week 2		  
Week 3		  
Week 4		  

Reward I will give myself for staying consistent:

Personal Reflection

What habit improvement am I most proud of?
