

Water, Sleep, Exercise

For each habit, brainstorm small steps you can take today to:

Drink more water

Get more sleep

Move your body

Circle one you feel 100% **ready, willing and able** to commit to.
What obstacles might get in the way of your success?

Drink more water

Get more sleep

Move your body

How can you plan ahead to overcome these obstacles?

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Get more sleep

Move your body

How will you celebrate yourself when you complete your new habit?

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Get more sleep

Move your body