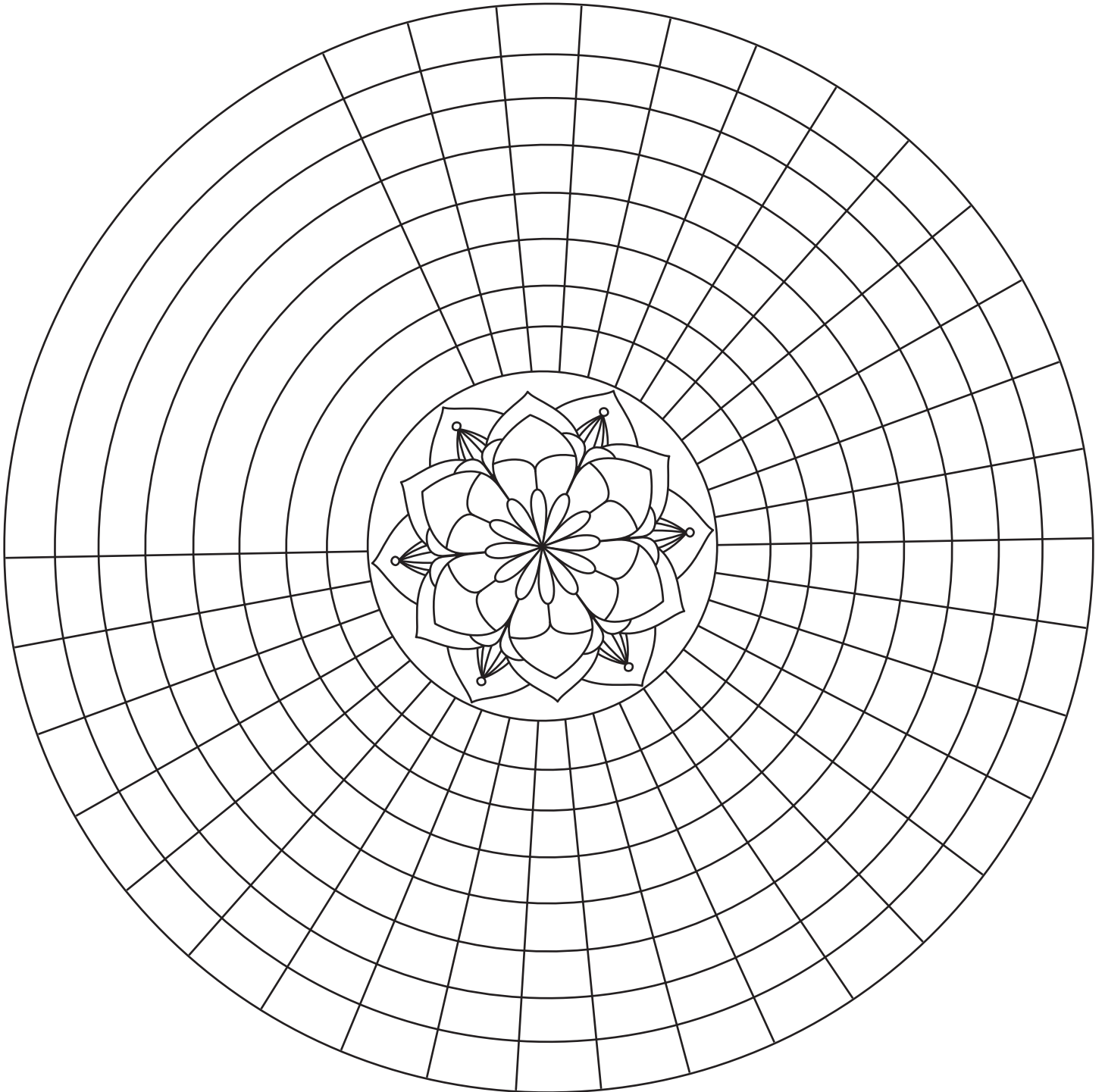


Habit Tracker  
Month of:



# Next Steps

**Pat yourself on the back.** Most people say they want to make changes, but never get around to doing it. You've taken steps to transform your life by downloading these habit trackers! With them, you can finally form the habit of doing weekend meal prep or actually putting shoes away where they belong every night.

I know, I know. I'm supposed to tell you these habit trackers are going to help you lose weight, drink all the water, look fabulous, and fit into your skinny jeans by next Friday. If you want to know any of these things, that's great. But, honestly, I'm a busy mom who's just trying to actually fold the laundry the same week it's washed!

**Forming a new habit is hard** (you should see my clean laundry basket...) People claim it takes 21 days or 30 days or some other magical number. Research shows that's wrong. **There is no unicorn number of days when BAM! your new habit is cemented into place.** A study found that the average time participants took to form a new habit was 66 days.

That's actually really good news for you. **It means that if you've tried to form a new habit before and failed, it's not your fault.** In most cases, people simply can't form a habit in just three weeks!

**The fact that you've downloaded these habit trackers shows me you're persistent.** You're not a quitter and, now that you know you just need to keep it up a bit longer this time, you're ready to form new great habits!

**Using the same trackers for over two months is boring.** That's why I have even more habit trackers available for you to keep things interesting! There are 18 additional, unique habit trackers available in the printables shop. Since you've already downloaded the free trackers, I have a special discount just for you. Stop by and check it out. =)

Check out 18 more habit  
trackers here

PS- if the link isn't clicking for you, go here: <https://selz.co/N14RBJTsP>

