



Momentum Creator

Build Your Personal Habit Streak for Success

Launching a new habit or sticking with a good habit takes a lot of personal resources - at first. It's like trying to push a car up hill. Once you do the new habit for a few days, you create a streak. And who wants to break a streak? Keeping track of your streak makes it much easier to keep strong in your intentions.

The Momentum Creator is a simple tool to track your first 30 days of a habit. The goal is to mark an "X" for 30 straight days of your new habit. Make your habit very achievable to get the streak going. For example, if your goal is to write every day, put an "X" in the box on the day if you did ANY writing on that day. If your goal is to meditate, exercise, journal, etc, put an "X" if you even did the new habit for a few minutes.

If you skip a day, you have broken your streak. Now you have to start over. If you have enough boxes left, start over on this sheet. Otherwise, get a new sheet and start a new streak!

The habit I want to repeat for 30 days _____

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	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60