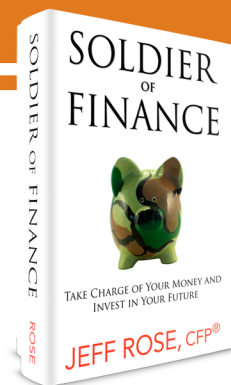




GOOD FINANCIAL CENTS

Making "cents" of your financial life.



THE BAD HABIT DESTROYER

To be successful you have to have positive habits. Bad habits will constantly drag you down and prevent future growth.

Use this worksheet to take on bad habits and replace them with good habits that kick butt.

Name a habit that you would like to change. Make sure you focus on that one habit for an entire 21 day period. **ONLY FOCUS ON THIS HABIT.**

Each day that you successfully achieve changing your habit, cross it off. This could apply to eliminating bad habits OR creating new positive ones.

Bad habit examples: (not eating breakfast, eating out, shopping online)

Good habit examples: (reading a book for 10 minutes, working out in the morning)

What is the habit you want to focus on:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Remember: X out each day that you successfully achieve your habit goal. Good luck!

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle



Learn more about how you can reach financial success at
GoodFinancialCents.com

Got questions?

E-mail me at jeff@goodfinancialcents.com and I'll be glad to help.