

66 Days to a New Habit

For the next 66 days I commit to myself and to one other trusted person(name)_____ that I will practice the habit of _____ (eg. generosity, patience, forgiveness, etc.)

Each day I will do one thing for another person to build that characteristic within myself noticing the person's response and my feelings.

Signed _____

Use the chart below to mark off the days that you meet your goal.

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
61	62	63	64	65	66

After practicing for 66 days- reflect on the changes that have occurred.