

## Weekly Habits Journal

Name: \_\_\_\_\_

Habit of the week: \_\_\_\_\_

Define this habit in your own words. What does it mean to you?

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Set a goal for how you will live out the habit this week.

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**Weekly Habit Reflection:** Reflect on the goal you set last week.

Date:

Did you meet your goal? Why / Why not? If yes, what is a specific example of how you lived out this habit? If no, what did you learn?

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How do you want to continue growing in this habit? How can it help you meet your goals?

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