



JOURNAL PROMPTS

# HABITS

**HABITS ARE NOT A FINISH LINE TO BE  
CROSSED THEY ARE A LIFESTYLE TO  
LIVE. — JAMES CLEAR**

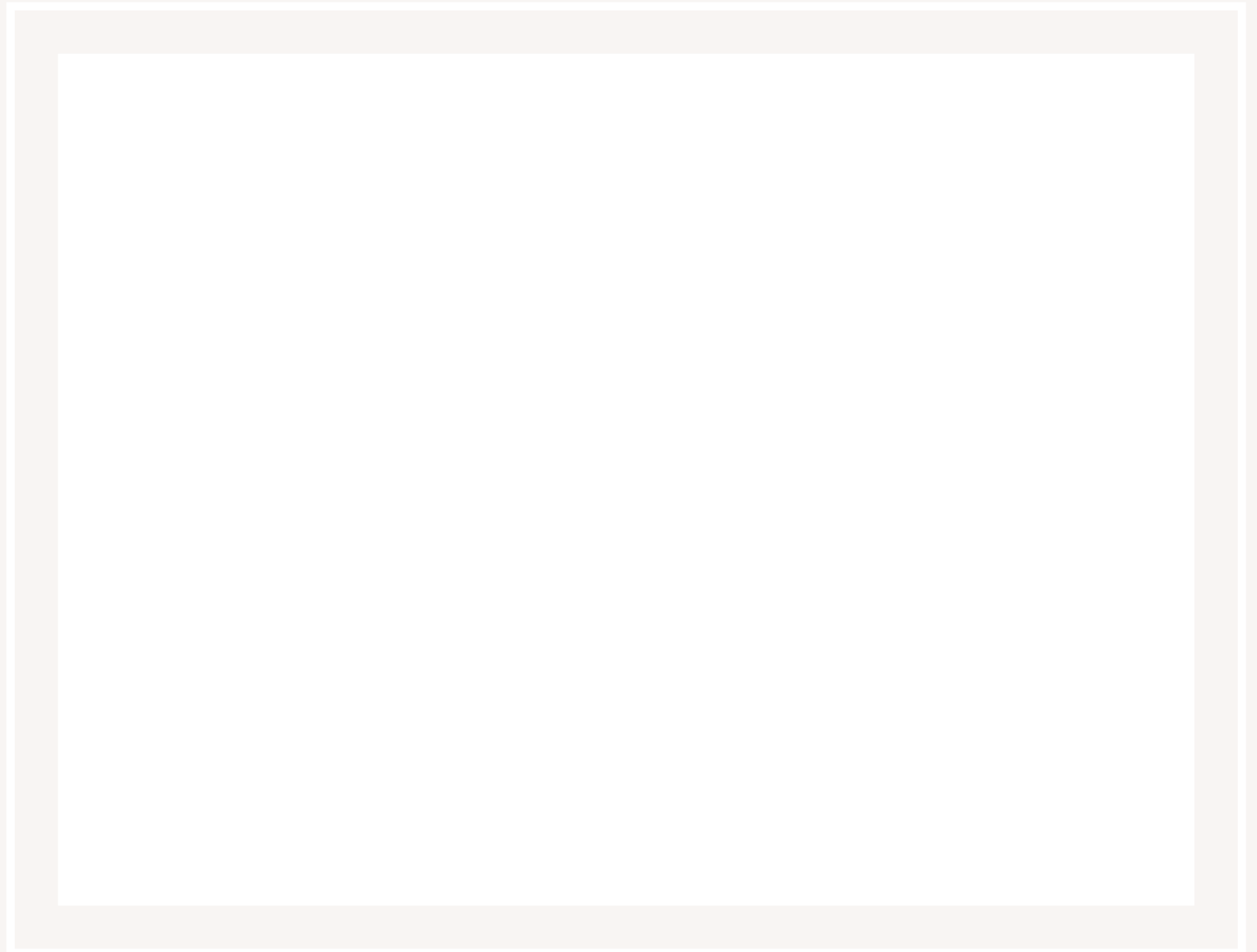
WHAT ARE 3 THINGS YOU LOVED  
ABOUT YOUR DAY YESTERDAY AND  
3 THINGS YOU DIDN'T?

A large, empty rectangular box with a light gray border, intended for writing answers to the question above. The box is centered on the page and occupies most of the lower two-thirds of the page.

WHO DO YOU WANT TO BE? (EX.  
RUNNER, READER)



HOW DO YOU PLAN TO EMBODY  
THIS NARRATIVE OF YOURSELF?



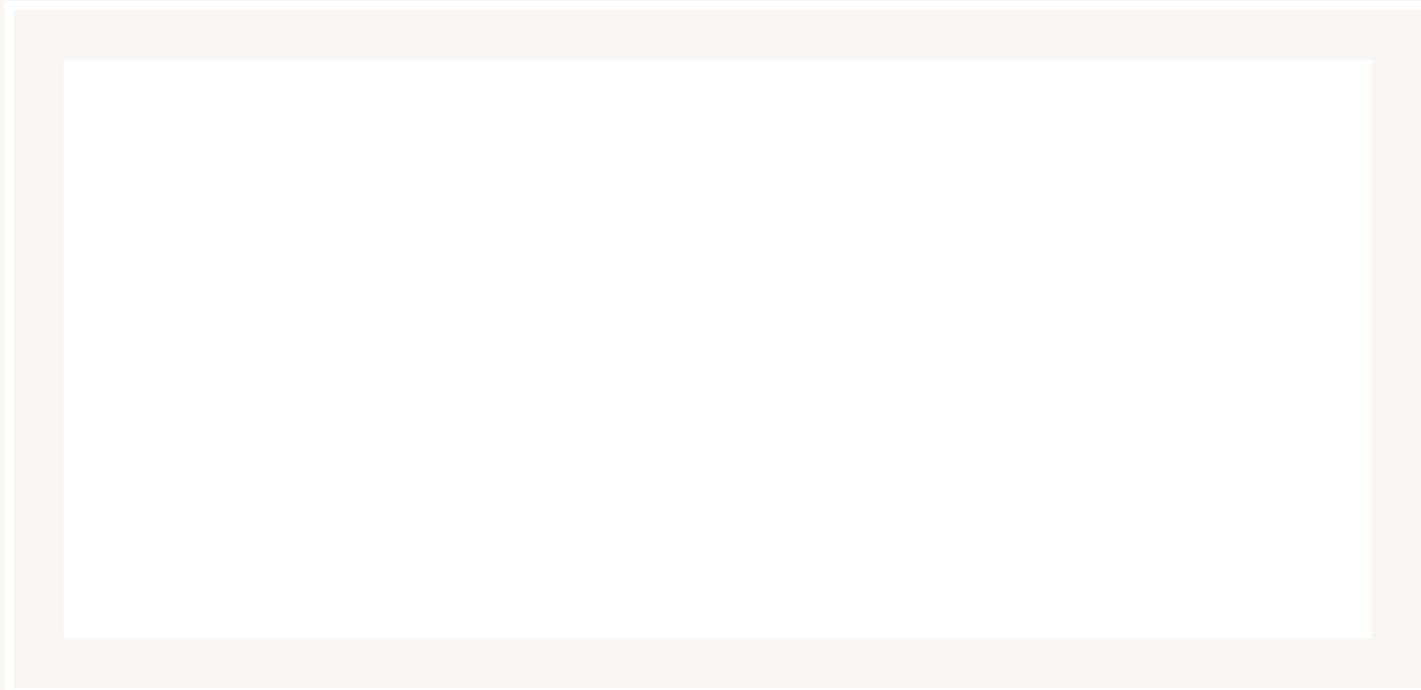
WHAT DO YOU CONSIDER YOUR  
WORST HABIT TO BE? WHY?

A large, empty rectangular box with a thin white border, intended for the user to write their response to the question above. The box is centered on the page and occupies most of the lower two-thirds of the image.

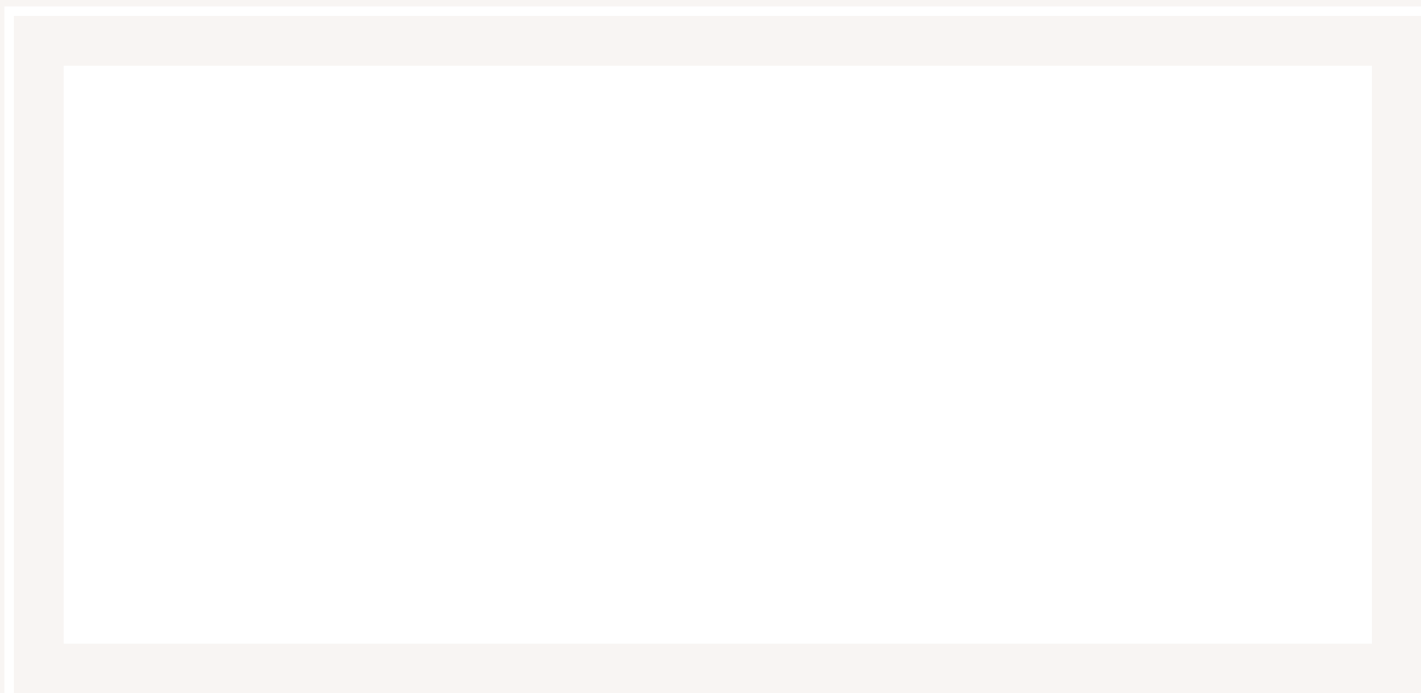
WHEN DOES THIS HABIT SURFACE?  
IS THERE A TRIGGER? IS IT  
ENVIRONMENTAL?



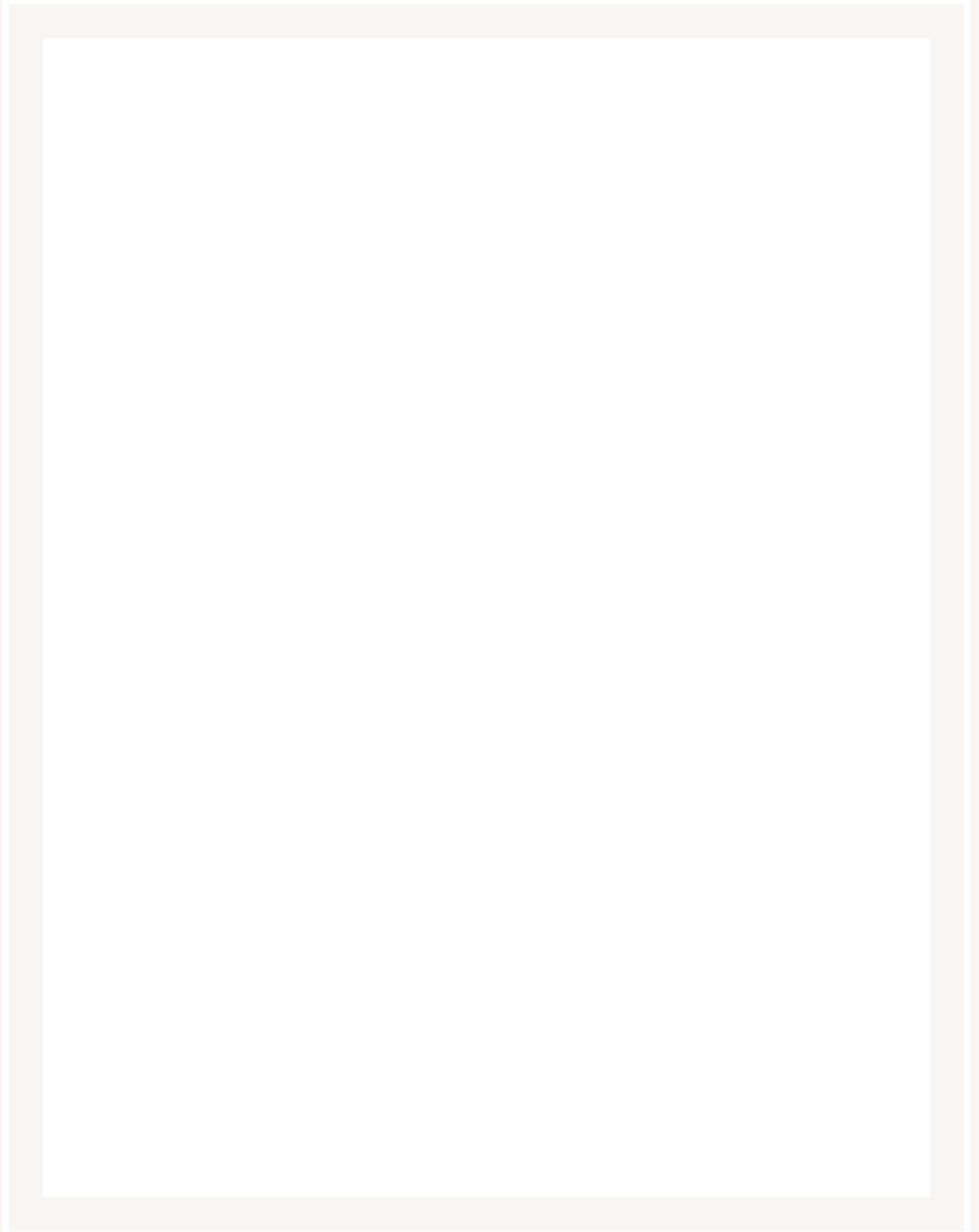
WHAT HABIT WOULD YOU LIKE TO  
OVERRIDE IT WITH?



CAN YOU CREATE A LIFESTYLE  
CHOICE TO OVERRIDE IT?



ARE YOU NOURISHING YOUR MIND,  
BODY, AND SOUL WITH HEALTHY  
EATING? EXERCISE?



DID YOU RECONNECT WITH  
YOURSELF TODAY? WHAT DID YOU  
LEARN?

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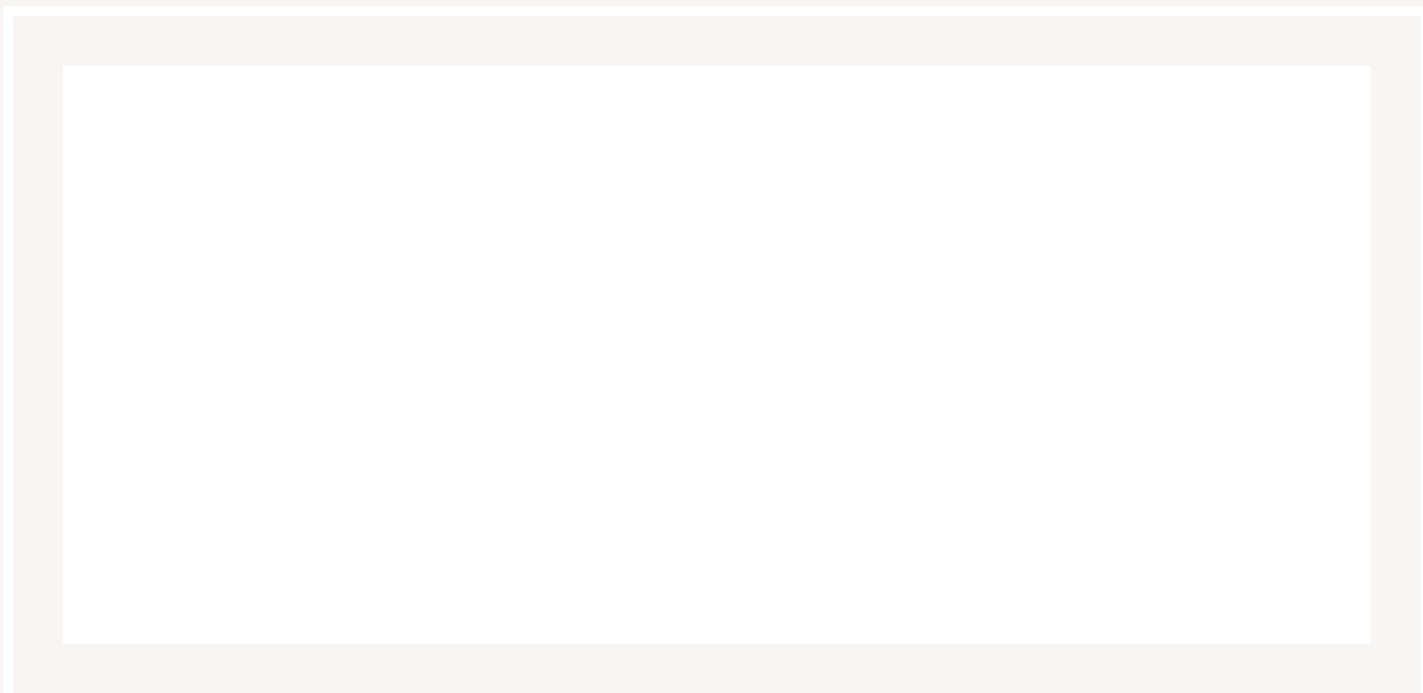
WHAT IS THE ONE HABIT YOU WISH YOU HAD THAT YOU FEEL COULD CHANGE YOUR LIFE FOR BETTER?



WHATS STOPPING YOU FROM  
CREATING IT?



CAN YOU CHANGE THIS NARRATIVE  
TO BE PROACTIVE?



DID YOU SPEND ENOUGH TIME IN  
YOUR SWEET SPOT OF ZONE 2  
TODAY? WHY OR WHY NOT? HOW  
CAN YOU STAY THERE MORE  
TOMORROW?

A large, empty rectangular box with a double border, intended for a response to the questions above. The box is white and occupies the lower two-thirds of the page.