

20 Day Success Habit Interruption

Taking on too much all at once can lead to overwhelm and failure to carry on. Pick 1 habit at a time to adjust, check off each day you noticed it and did a small adjustment, no matter how small, it's progress, and mark it as such! 1% each day is all it takes.

HABITS	S M T W T F S
O1	000000
02	000000
03	000000
04	000000
O5	000000
06	000000
07	000000
08	000000
09	000000
10	000000
11	000000
12	000000
13	000000
14	000000
15	000000
16	000000
17	000000
18	000000
19	000000
20	000000