

The leadership habit I want to develop: _____ Date Started: _____

Day 1

One path
segment =
daily habit
keeping result

Day 30

Every day

Did you keep your habit?

YES!

On this day, keeping my habit was

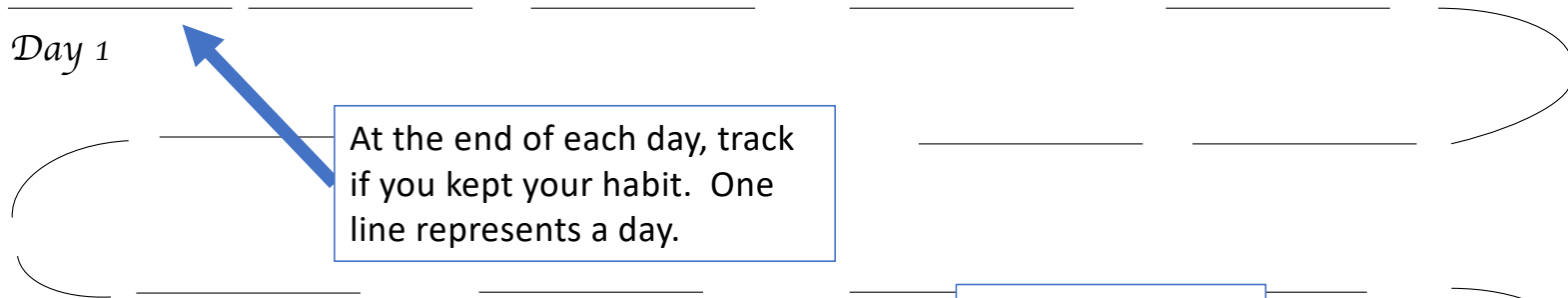
	Easy		Difficult
	Challenging		Very difficult

No...

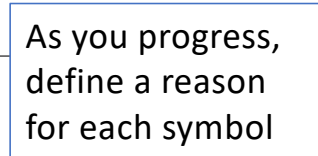
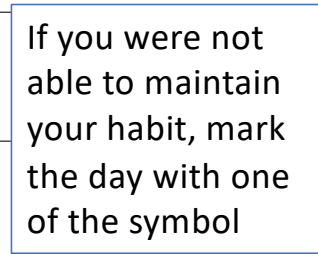
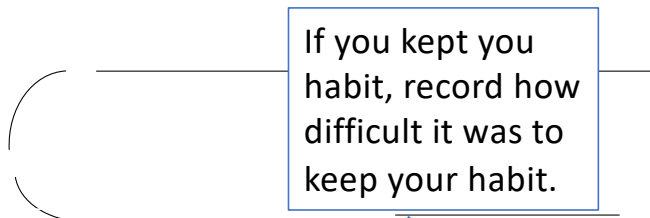
On this day, the things that threw me off track were

	_____		_____
	_____		_____

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One path segment = daily habit keeping result



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	_____		_____
	_____		_____