# Weekly Habit-Building Ideas

+ ( 200 20

social media free day 1x

. cook disease 2 x

and how they're doing To

· movement practice Sx

clean the Roors Tx

, stretch for 3 minutes 1x daily

\*make time for hobbies 3x

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no tech Thour

ship the ancese button at least Tx

office to help someone 1x

Lay clothes out the night before 2x add a statel, you haven't had in + a selvice on the greecry list

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tory 7 mose thing

try choworing at a new time of day 2x

# **Habit Building Ideas**

**Karen Boyes, Graham C. Watts** 



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