DAILY ROUTINE

MAKE A LIST OF CURRENT HABITS YOU HAVE THAT ARE ALREADY A PART OF YOUR DAILY ROUTINE. THEN PAIR THEM WITH A NEW HABIT YOU'D LIKE TO START. TRY FOR ONE WEEK + ADD ON AS YOU MAKEOVER YOUR ROUTINE!

CURRENT HABIT

Brushing my teeth each morning

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STACKED HABIT

Give myself 1 compliment a day

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