WORKSHEET **Does This Habit Still Serve Me?**

Fill this in on your next Sunday look back. Every line is optional.

☐ A habit I'm keeping because it helps: _____

☐ A habit I'm loosening this month: _____

☐ A habit I'm letting go of, with thanks: _____

☐ My stretch for the next 21 days: _____

☐ The date of my next luck score: _____

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