



“A habit must be established before it can be improved. Start small. Master the art of showing up. Optimise later.” – James Clear

MY ACADEMIC GOAL

Write down the results you wish to achieve as your first step to making them happen.
(e.g. Score a 92.5 ATAR, pass all my subjects, get at least 3 As)

NEW DAILY HABIT

You will need to do things differently if you want to achieve your goal. Figure out which habit you will introduce as you work towards what you want.
(e.g. Revise schoolwork for 30 minutes with phone and email switched off, write 200 words a day, read for 15 minutes every day, spend 15 minutes a day on an online course, sleep 8–10 hours every night, do one task a day without procrastinating.)

KEEP TRACK

A study published by the European Journal of Social Psychology said it takes 18–254 days for a person to form a new habit and on average 66 days for a new behaviour to become automatic. Circle the days below each time you complete your new daily habit. If you skip a day, don't be harsh on yourself. Hitting a target 60%–70% of the time is better than nothing.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59
60 61 62 63 64 65 66

MY PHYSICAL GOAL

Having good physical health will help you sleep better at night and improve your mental wellbeing. Hitting your goals won't happen overnight but if they are clear in your mind you can enjoy the journey as you work towards them.
(e.g. Qualify for a rep team, swim 25.75 for 50m freestyle, run for 20 minutes without stopping)

NEW DAILY HABIT

If you want to reach the heights of athleticism, that's great! If you simply want to be a little more active, that's fine too. Your new habit is up to you.

(e.g. Run for 10 minutes every day, do 20 squats every day, do 20 push-ups every day, walk for 40 minutes 4 times a week, ride my bike for 30 minutes 4 times a week, join a gym and train 4 times a week, join an open dance class, shoot 100 basketball shots every morning)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59
60 61 62 63 64 65 66

MY OTHER GOAL

You can set goals with a future career in mind or simply to learn a new skill.

(e.g. Learn to cook a meal from scratch, start a business, to master a new language)

NEW DAILY HABIT

Hopefully you have set a goal around something you enjoy doing. It should make it easier to set a new habit.

(e.g. Write 3 things I am grateful for every evening, handwrite 3 thank you notes a week, explore a new recipe once a week, limit social media use to 15 minutes per day, create a new YouTube video every week.)

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59
60 61 62 63 64 65 66