

21 Days Makes it a Habit

Check off each day that you do your goal. If you miss a day, don't worry, just keep going. If you are new to setting goals the last thing you want to do is make achieving the goal so hard that you give up. As you get more into the habit of doing something for 21 days, THEN, will you 'start over' if you miss several days. Because, in reality, it does take 21 Consecutive Days to create a habit.

