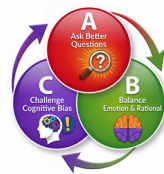


My Critical Thinking Habit Success PLAN

"30-Day Challenge" Daily Worksheet



Date:				SPECIFIC HABIT I AM TRAINING:			
PARS TO CREATE MY NEW HABIT							
Prompt	What is your Prompt? (e.g. Any challenging moment)						
Action	What small step Action? (e.g. Keeping a flexible mindset in challenging moments. Etc.)						
Reward	What is your IMMEDIATE Reward? (e.g. self congratulations)						
Day	☒ I Trained	Amount / Time	How can I improve?				
Day 1	☐						
Day 2	☐						
Day 3	☐						
Day 4	☐						
Day 5	☐						
Day 6	☐						
Day 7	☐						
Congratulations!!! It's the end of Week 1 of training. Well done!							
Day 8	☐						
Day 9	☐						
Day 10	☐						
Day 11	☐						
Day 12	☐						
Day 13	☐						
Day 14	☐						
Congratulations!!! It's the end of Week 2 of training. Well done!							
Day 15	☐						
Day 16	☐						
Day 17	☐						
Day 18	☐						
Day 19	☐						
Day 20	☐						
Day 21	☐						
Congratulations!!! It's the end of Week 3 of training. Well done!							
Day 22	☐						
Day 23	☐						
Day 24	☐						
Day 25	☐						
Day 26	☐						
Day 27	☐						
Day 28	☐						
It's the end of Week 4 of training. Well done!							
Day 29	☐						
Day 30	☐						
You did it!!! You Completed Your 30 Day Challenge!							