

The 21 Day Challenge

Welcome to the Challenge

To change a habit, research shows you will need to perform the new behaviour for at least 21 days without missing a day. This may mean you need to perform the action on the weekends too for maximum effect. Other things may be purely work-related.

The table on the next page helps to make your progress visible.

Photocopy this sheet (on coloured paper if possible) and pin it up where you will see it every day.

Choose an action, task or behaviour you want to do differently and record your progress toward making it a habit by ticking the box each time you do the action.

You will only need to perform some actions once a day, whereas others you may need to do a number of times a day, so you may put multiple ticks in a day. If you miss a day, you need to put a cross in that day and start again from day 1 on the next line.

The key is consistency and persistence.

Visualise the result you want and imagine how energised you will feel if you are achieving a better outcome with less stress.

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Action/behaviour	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21