

Healthy Focus of Energy 2012

<i>Date</i>	<i>New Habit</i>	<i>New Habit</i>
Jan 1		
Jan 8		
Jan 15		
Jan 22		
Jan 30		
Feb 6		
Feb 13		
Feb 20		
Feb 27		
March 5		
March 12		
March 19		
March 26		

Choose a habit you want to remove. Then, write the **new habit** in the form of an “I AM” statement. For example, “I AM drinking plenty of water.” Select another new habit and add that one. It’s all about having fun and thinking about bringing in a Healthy Focus of Energy to our daily walks. Enjoy!