

Working Out Loud

Habit Checklist

Take small steps toward your goals.

Set some realistic, achievable goals.

Structure your life to help you attain your goals.

Chart your progress.

Look at the areas where you're successful.

Reward yourself for your successes.

Focus on your achievements.

Allow yourself to fail without turning it into a catastrophe.

Enlist the support of friends.

Picture the way you'd like life to be.