

LONG & SHORT

map out each habit's immediate and longterm results

HABIT _____

• immediate result _____

• longterm result _____

HABIT _____

• immediate result _____

• longterm result _____

HABIT _____

• immediate result _____

• longterm result _____

HABIT _____

• immediate result _____

• longterm result _____

HABIT _____

• immediate result _____

• longterm result _____

HABIT _____

• immediate result _____

• longterm result _____