



**I MAKE A SOLEMN OATH TO MYSELF - I WILL NOT MISS A DAY OF COMPLETING MY NEW HABIT. THIS SMALL TIME I WILL SPEND ON THE NEW HABIT IS A TINY PRICE TO PAY FOR SUCCESS.**

**Habit:**

**Daily trigger:**

**Start and  
end date:**

Print this mantra out (or create your own and print it out) and post it somewhere you'll see it every day. Read it *each and every* day to keep yourself committed to the habit.