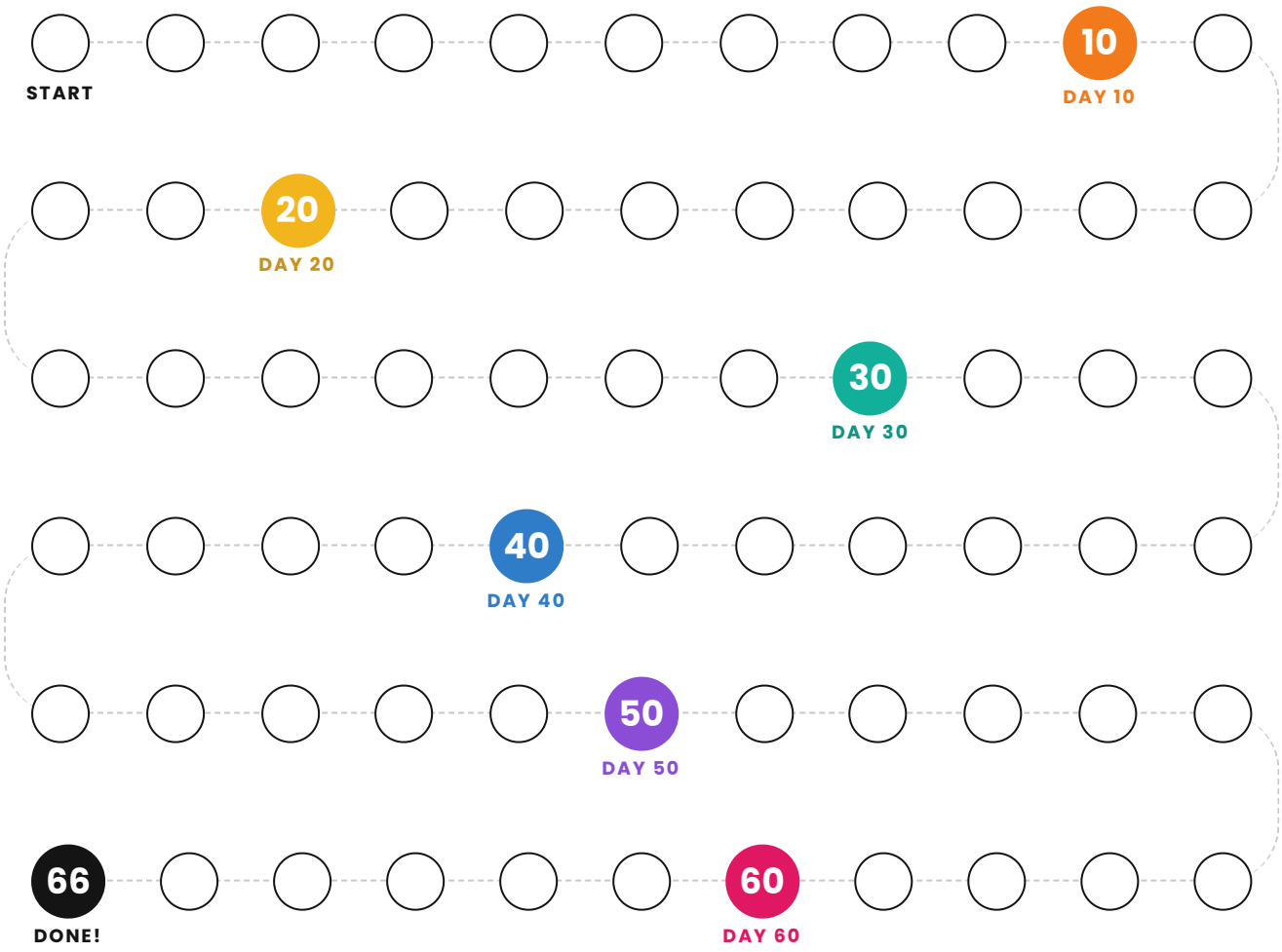
BE BETTER BIT BY BIT

The 66-Day Path

It takes about 66 days to build a habit. Walk it one dot at a time.

1. Name your one thing.
2. Fill one dot a day.
3. Miss one? Fill it tomorrow.

MY ONE THING: _____



Print it. · Stick it where you'll see it. · Share it forward.

Give a copy to someone who needs a nudge, too.