Welcome to your 7-day habit-building tracker

Results come with consistency over time and goals keep us focused

Print out page 2 and for the next 7 days, at the end of each day, ask yourself:

- Did I ***laugh*** today? Smiling counts.
  - Color a wing of the day's plane
- Did I ***learn*** today? Maybe it's a new way to do something.
  - Color the other wing of the day's plane
- Did I ***think*** today? More than just about these answers.
  - Color in the plane's fuselage
- Write the date in the cloud, tuck yourself in and rest up for another amazing day tomorrow.
- Take notice if one of the fundamental activities are missing, then find ways to be sure you Laugh, Learn and Think every day.
- I want to see your completed tracker. Send a photo to:

HeyMo@MoBarrett.com

Did I laugh?

Did I learn?

Did I think?

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