

# Habits to Be My Best

*Mental Health and Relationships*

<b>Small Change</b>	<b>Daily Action</b>	<b>Accountability Plan</b>

*School and Work*

<b>Small Change</b>	<b>Daily Action</b>	<b>Accountability Plan</b>

*Physical Health*

<b>Small Change</b>	<b>Daily Action</b>	<b>Accountability Plan</b>

*Passions and Hobbies*

<b>Small Change</b>	<b>Daily Action</b>	<b>Accountability Plan</b>

*Adulthood*

<b>Small Change</b>	<b>Daily Action</b>	<b>Accountability Plan</b>