

New Habits and Progress

Remember: *Life is long*, meaning we have time. If we try to make a million changes all at once, we often end up so overwhelmed that we make none. Instead, if we *slow down to make the changes*, and then *stop to celebrate the progress*, we'll accomplish much more.

Slow Down to Make the Changes – It takes 21 days to form a new habit.

What are some ideas you have for new habits you would like to adopt?

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Stop to Celebrate the Progress – Remember to look back on all that you've accomplished.

What are some areas of progress you've made?

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