

# HABIT TRANSFORMATION TIMELINE

Target Habit: \_\_\_\_\_

Start Date: \_\_\_\_\_

## **DAYS 1-22**

### **Phase 1: Destruction**

Breaking old patterns. Expect resistance and high effort.

## **DAYS 23-44**

### **Phase 2: Installation**

Internalizing the new routine. Focus on consistency over perfection.

## **DAYS 45-66**

### **Phase 3: Integration**

Reaching the "Automaticity Point." The habit becomes part of your identity.

Reward Milestone: \_\_\_\_\_