

**YOUR
STOP OR START
A
HABIT
CHALLENGE**

DATE _____

Welcome to the Stop or Start a Habit Challenge Journal

Congratulations on taking this powerful step toward creating lasting change in your life!

I'm so excited to have you on board. Over the next 28 Days, you'll choose one habit to stop or one habit to start—and together, we'll build the consistency, clarity, and accountability you need to make it stick.

This journal will be your companion, guiding you to reflect, track progress, and celebrate wins along the way. Think of it as your safe space to record your journey, your struggles, and your breakthroughs.

Get Started

- <https://ar-lifecoach.co.za/change-a-habit-course>

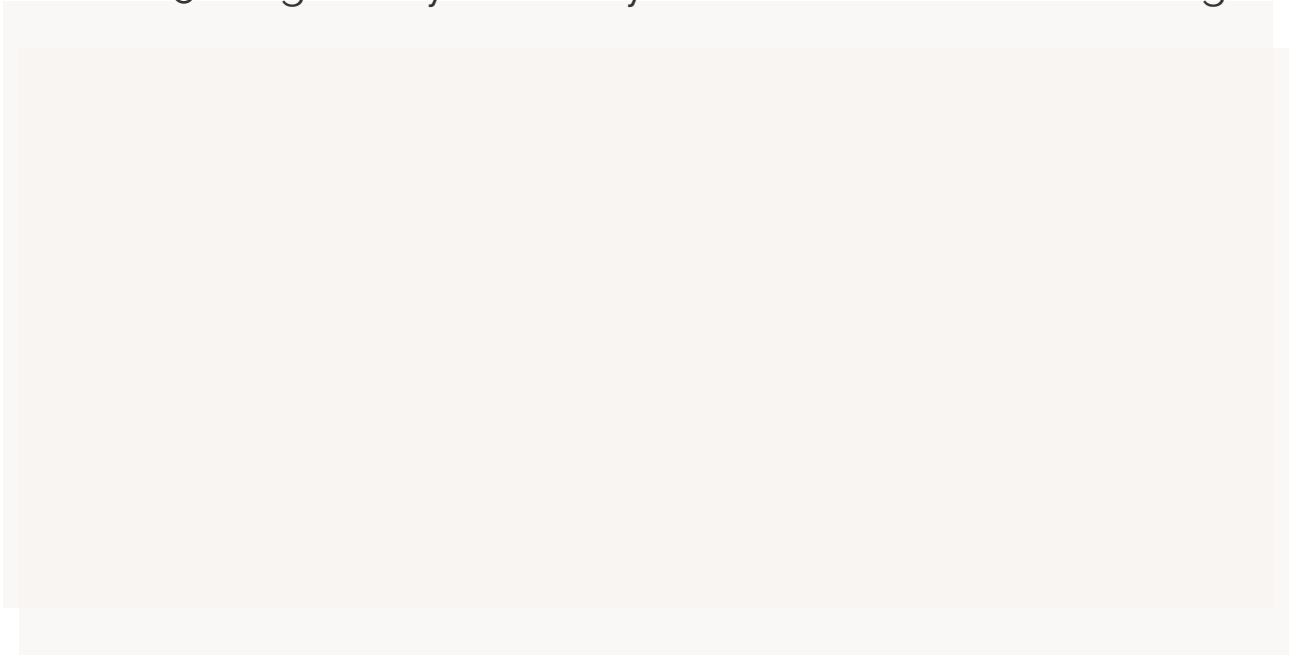
Week 1, Day 1: Welcome

Brainstorm your ideas

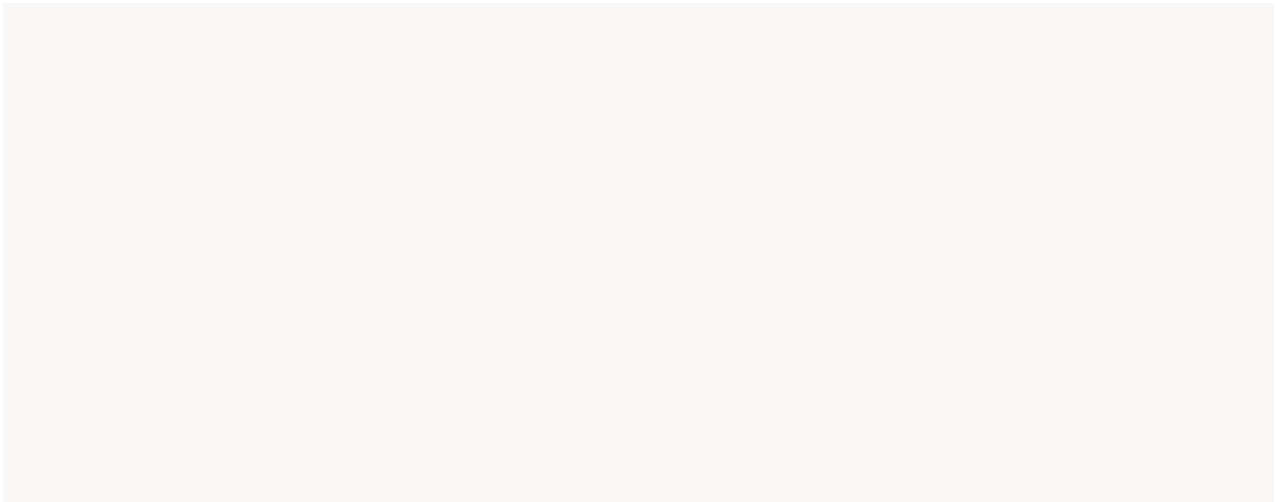
A large, empty rectangular box with a light beige background, intended for brainstorming ideas. It occupies the majority of the page below the title and instruction.

Brainstorming

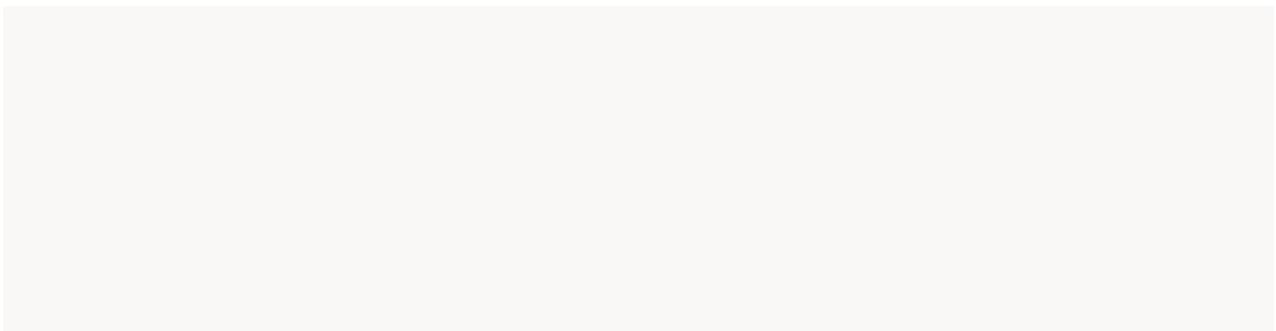
Write 5 things that you know you need/want to do or change



What do I know I need to do?



What do you need to stop doing?



What do you need to start doing?

Write down here what you have decided to work on. Example I am going to stop sugar in my coffee. I am going to start running

28 Day Challenge Declaration

"I, _____ (your name), commit to my 28 -day Challenge.

I declare that I am _____

(e.g., stopping sugar, starting to exercise 3x per week, journaling daily, waking up earlier).

I take this step to improve my health, energy, and mindset.

I choose progress over excuses, and I promise to show up for myself every day.

This is MY commitment to a better lifestyle – starting today!"

Signature: _____

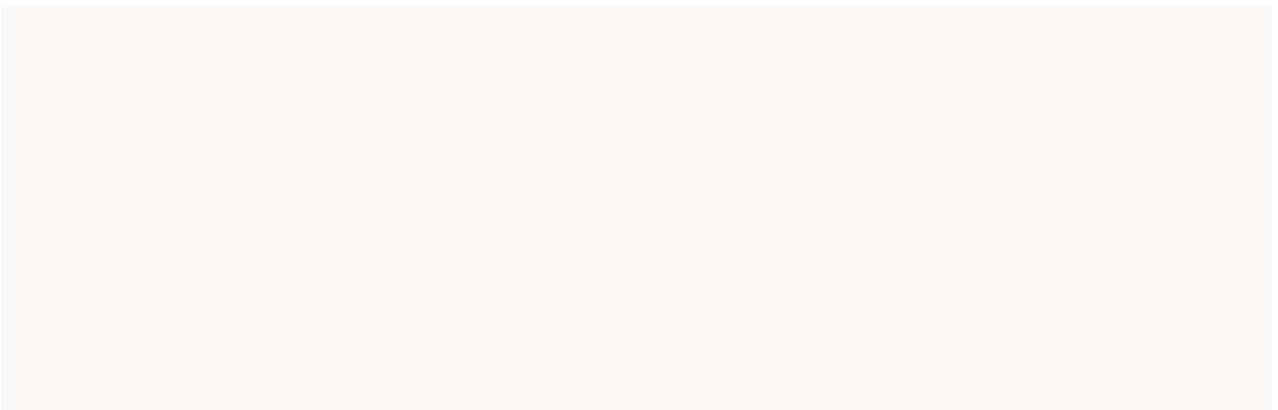
Date: _____

Take some time and write your own declaration

Write your goal here



What happens if I don't get this change right?



Week 1 , Day 2 Creating your plan

Make sure you know what you are stopping or starting

Goals, Milestones & Actions

- 1. Goals – Your Big Picture

Your goal is the destination. It's the vision of where you want to be, the result you're working toward.

- 2. Milestones – Your Checkpoints

Milestones break that big goal into smaller wins. They mark progress and keep you motivated. Think of them as signposts along the way.

- 3. Actions – Your Daily Steps

Actions are the practical, doable steps you take consistently. They're what turn ideas into outcomes.

What is your goal?

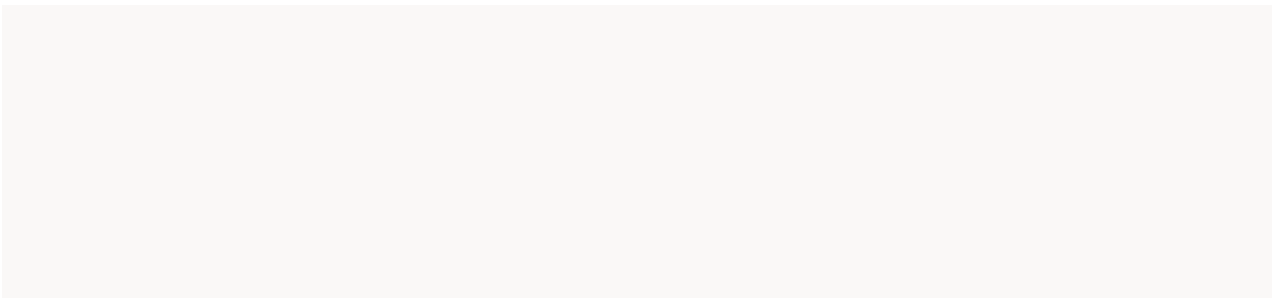
What is your Milestone? (Smaller measurable goal)

What is the action needed based on your milestone?

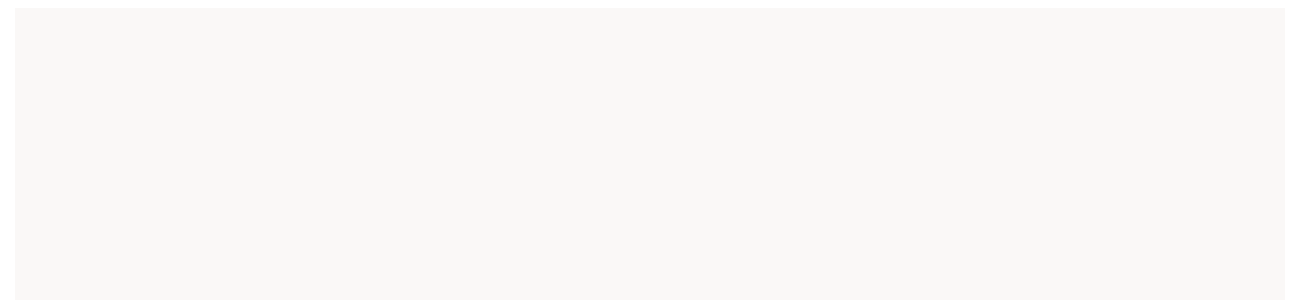
Break the action down to a smaller goal. Go as small as needed to create action.



If you could break the action into smaller section what would it be?



What do you need to do to lovely support your journey?



You can now choose the habit tracker you would like to use below.

You are welcome to use your own

AFFIRMATION

ACTION	DATE

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Example

GOAL SETTING PLANNER

DATE: 21 April 2025

MY GOALS

My goal is to run 5kl in
28 days

AFFIRMATION

I have done this before

MILESTONE

W1: Run 1min, Walk 1min x 2

W2: Run 3min, Walk 3min

W2: Run 7min, Walk 2min

W2: Run 38min, Walk 2min

W2: Run 9min, Walk 1min

W2: Run 15min, Walk 1min

Join all weekly meeting

Nutrition

ACTION

Add the walks in my diary

Get running shoes

Make sure I hav added meeting to diary

DATE _____

21 April

25 April

21 April

Challenge

	MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4	5
	CHECK IN						
6		7	8	9	10	11	12
	CHECK IN						
13		14	15	16	17	18	19
	CHECK IN						
20		21	22	23	24	25	26
	CHECK IN						
27		28					
	CHECK IN						

28 days tracker

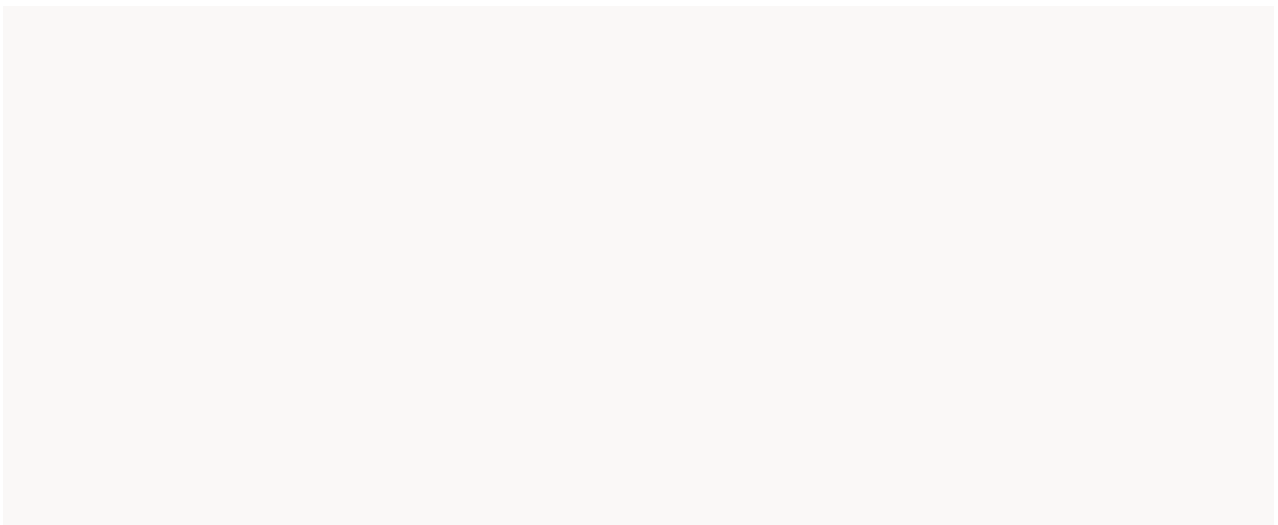
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What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



Voice note your habit change

Rules:

- Is my goal written in the present tense?
- → Example: "I am exercising three times a week."
- Is my goal stated in a positive way?
- → Example: "I choose healthy meals every day."
- Is my goal specific and clear?

Cross off each day you stick to your habit:

M	T	W	T	F	S	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

CHECKIN

I am, all I can be

	1	2	3	4
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				

What should I

STOP doing

Continue doing

Start doing

What am I missing

SET YOUR INTENTION FOR TOMORROW

What is my Goal?

What self-love did I give myself?

What is my affirmation for my goal

What am I grateful for?

What action did I take for my goal

What moment of happiness did I 'still'?

What action is needed for tomorrow?

List what you learnt and your taking from today?

Week1 , Day3 Why

At this stage you must know what you want to stop or start. If not please go back to the notes or give me a call

Why

Understanding Your Why

Your "why" is the deeper reason behind what you do. It's the fuel that keeps you going when things get tough, the anchor that gives direction when life feels overwhelming. Without a clear why, it's easy to lose focus, get discouraged, or quit when challenges arise.

Take a moment to ask yourself:

- What truly matters to me?
- Why do I want to achieve this goal?
- Who will benefit if I don't give up?

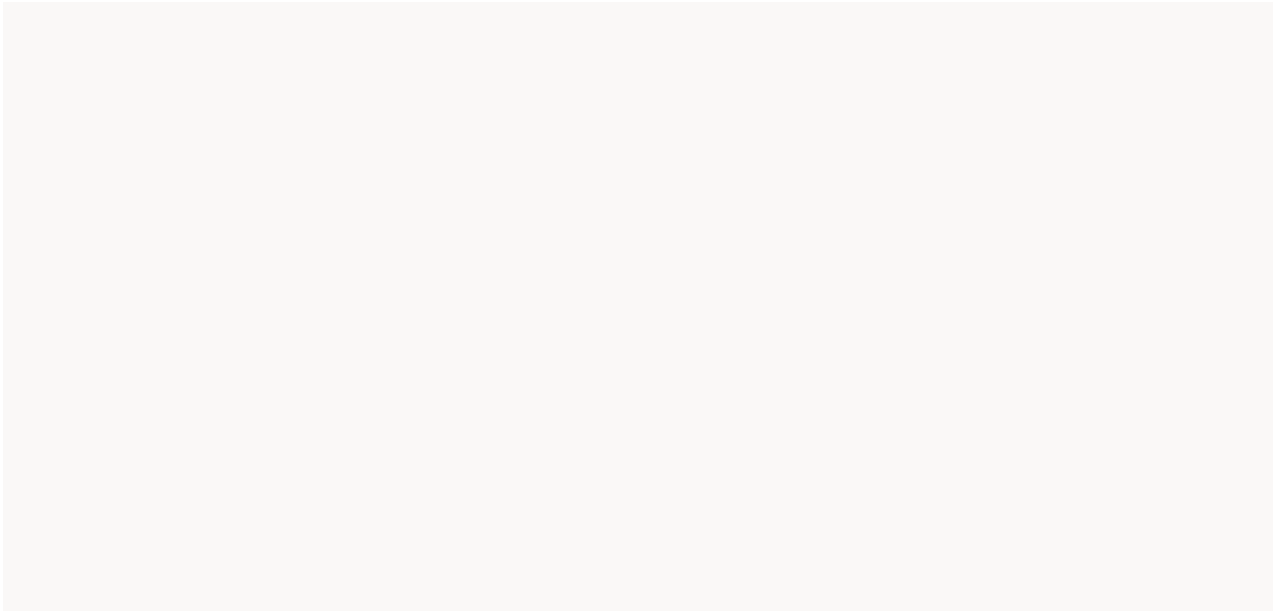
When your why is strong, your how becomes easier. It gives you purpose, resilience, and clarity — turning discipline into desire.

Your why doesn't have to be big or flashy. It just has to be real. Once you know it, write it down, keep it visible, and remind yourself daily.

What is your Why?

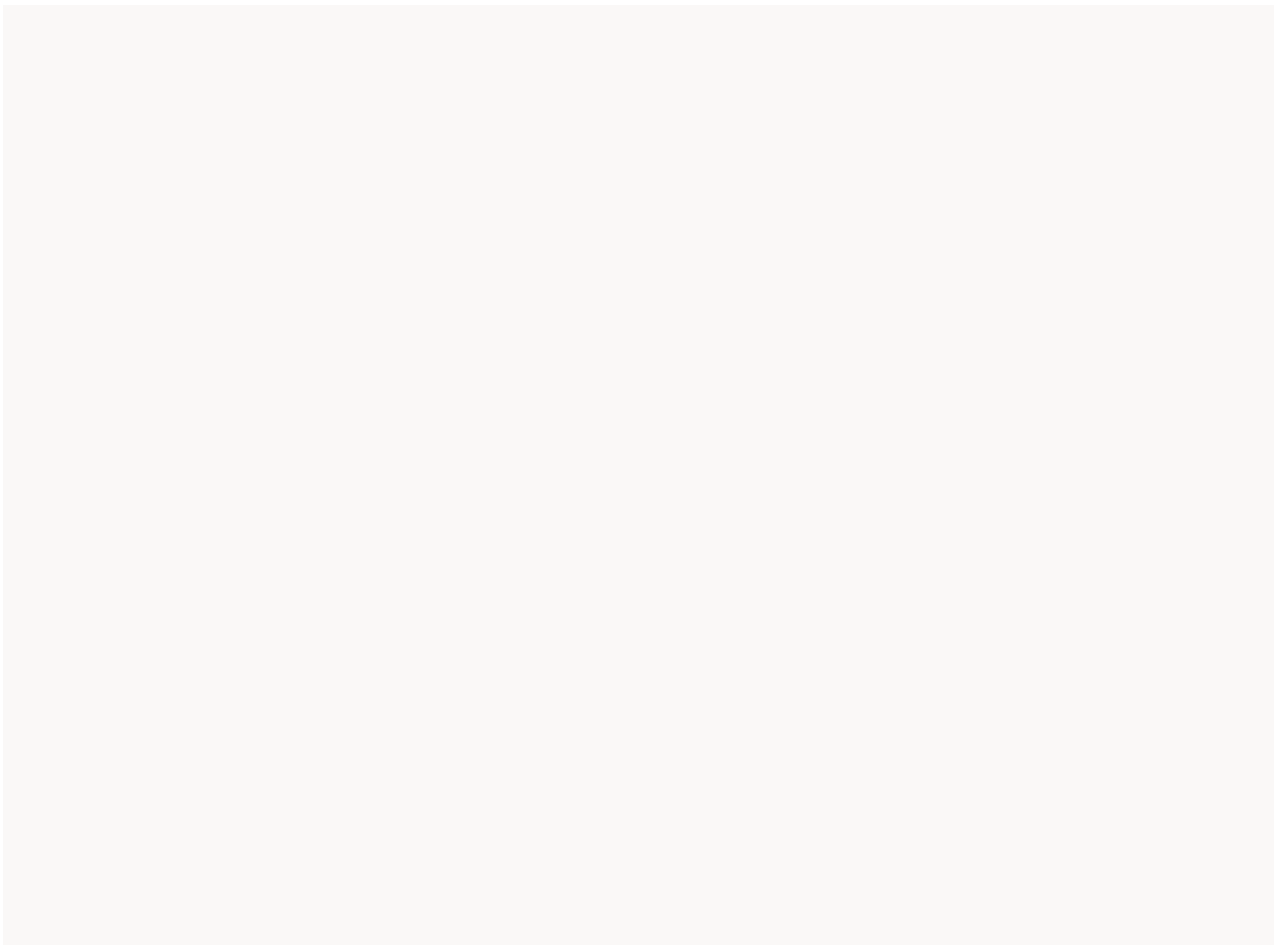
What will move you to move?

What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



Week1 , Day 4 Transformation

Transformation

The journey between A and B isn't about becoming someone different — it's about uncovering the best of who you already are. Step by step, habit by habit, choice by choice, you move closer to the life you want, until Person A feels like a distant memory and Person B becomes your new normal.

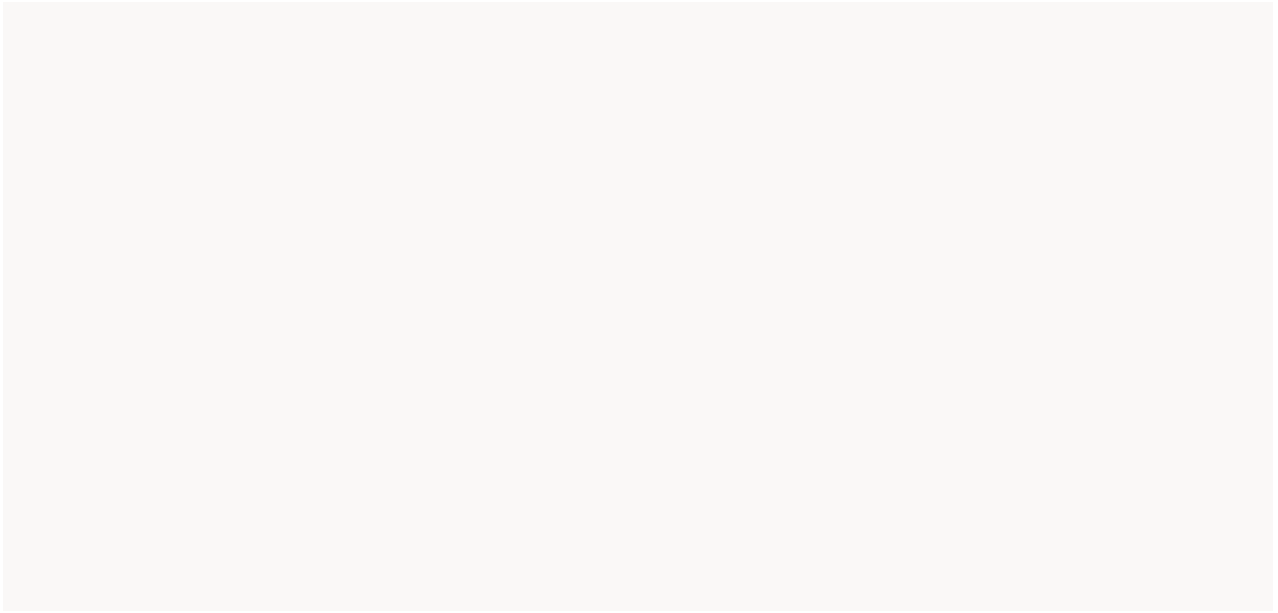
Put yourself in the future, the person that has already achieve and answer the following question

Who is your person B?

What did person B do to achieve?

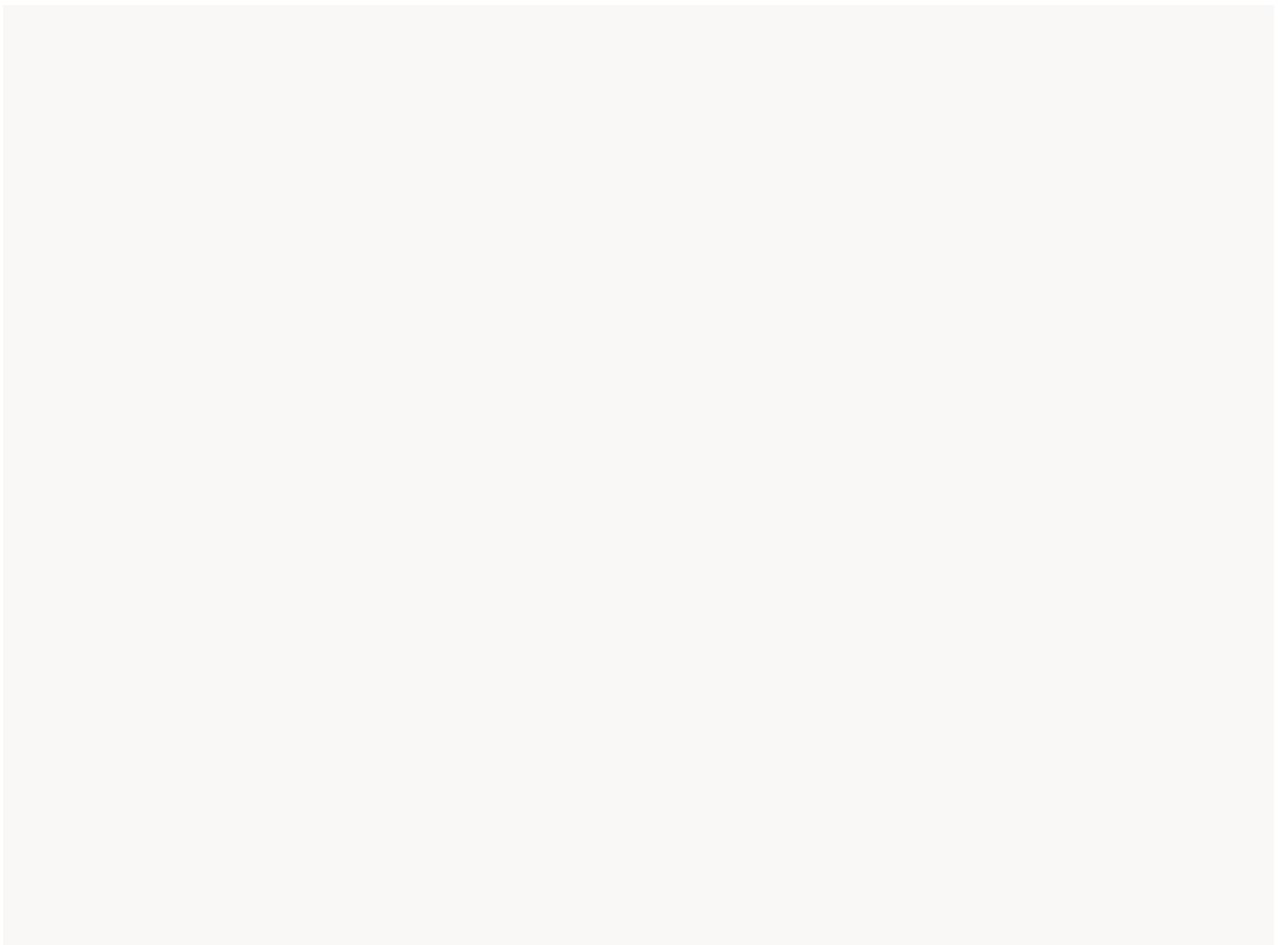
Who reminds you of person B?

What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



Week1 , Day 5:

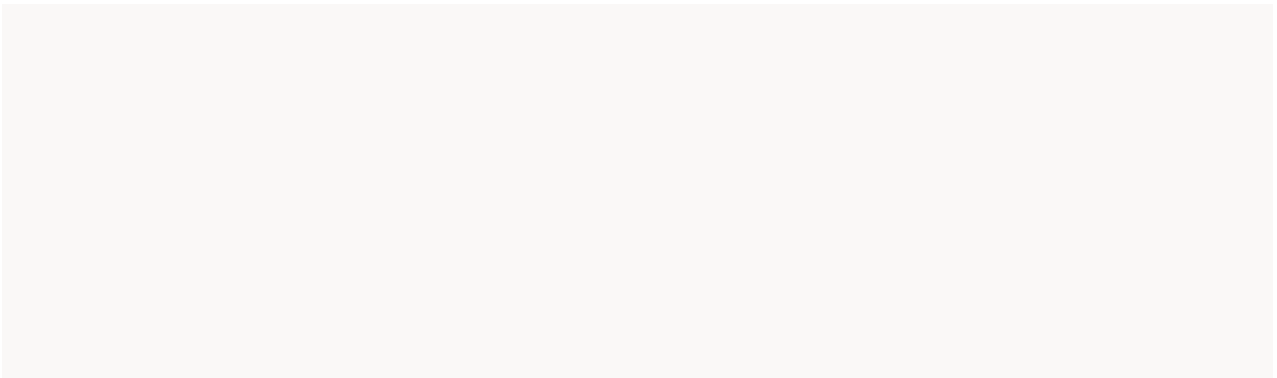
Design your environment to win

Understand Your Environment

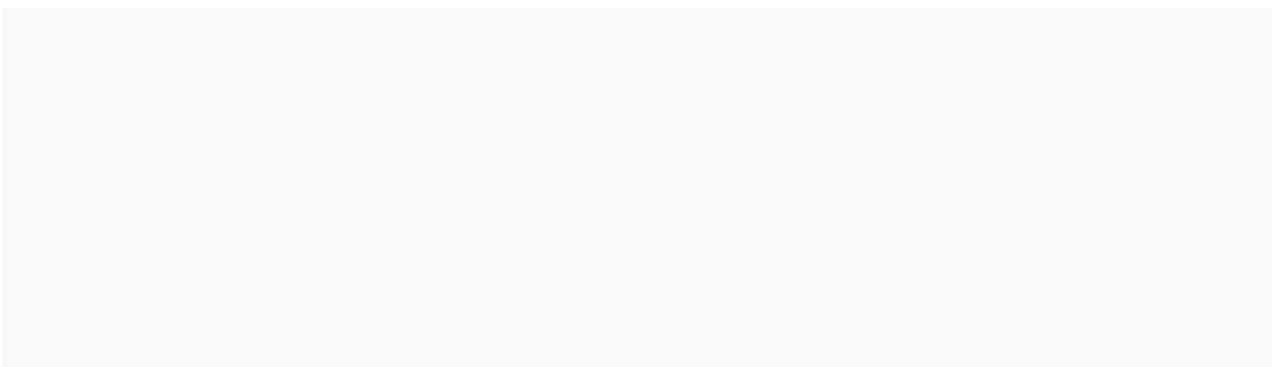
Understanding your environment is essential for achieving your goals. There are often things around you that don't support your progress — but the good news is, many of them can be managed. Sometimes it's a person who drains your energy, and other times it's something as simple as being disorganized.

Setting yourself up for success means paying attention to your surroundings and making small adjustments. Having the right tools, equipment, and systems in place can remove unnecessary obstacles and make it easier for you to stay consistent and focused.

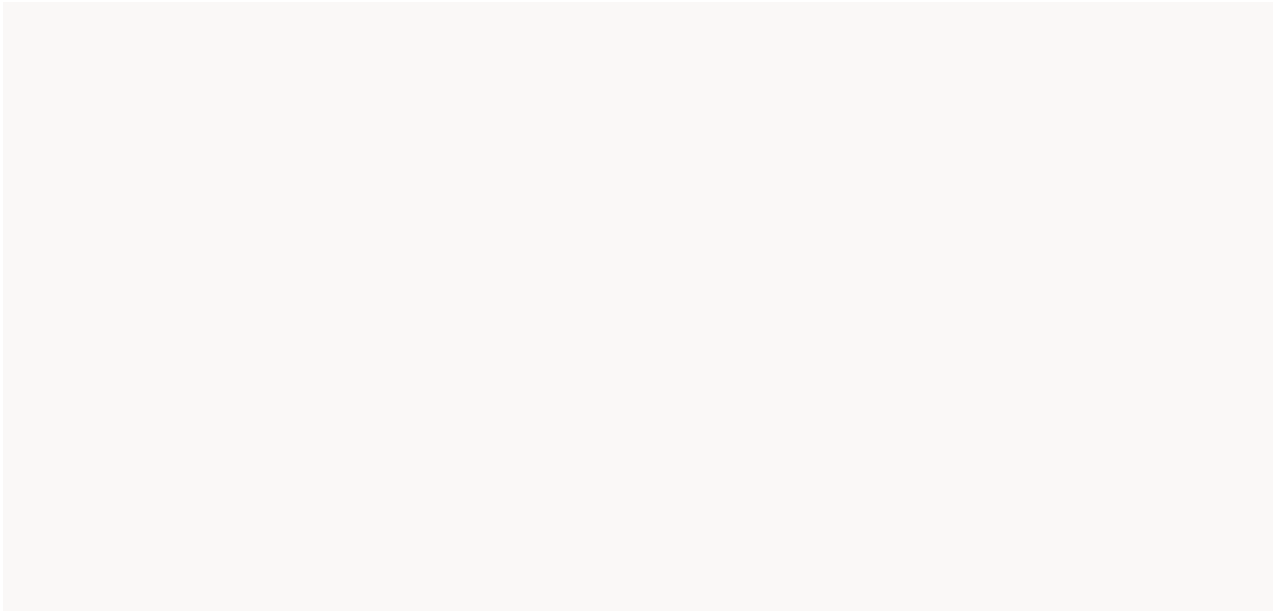
Consider your environment. What do you need to be mindful of, and what adjustments can you make to better support your goals?"



Change just one thing in your environment today that will support your new habit.

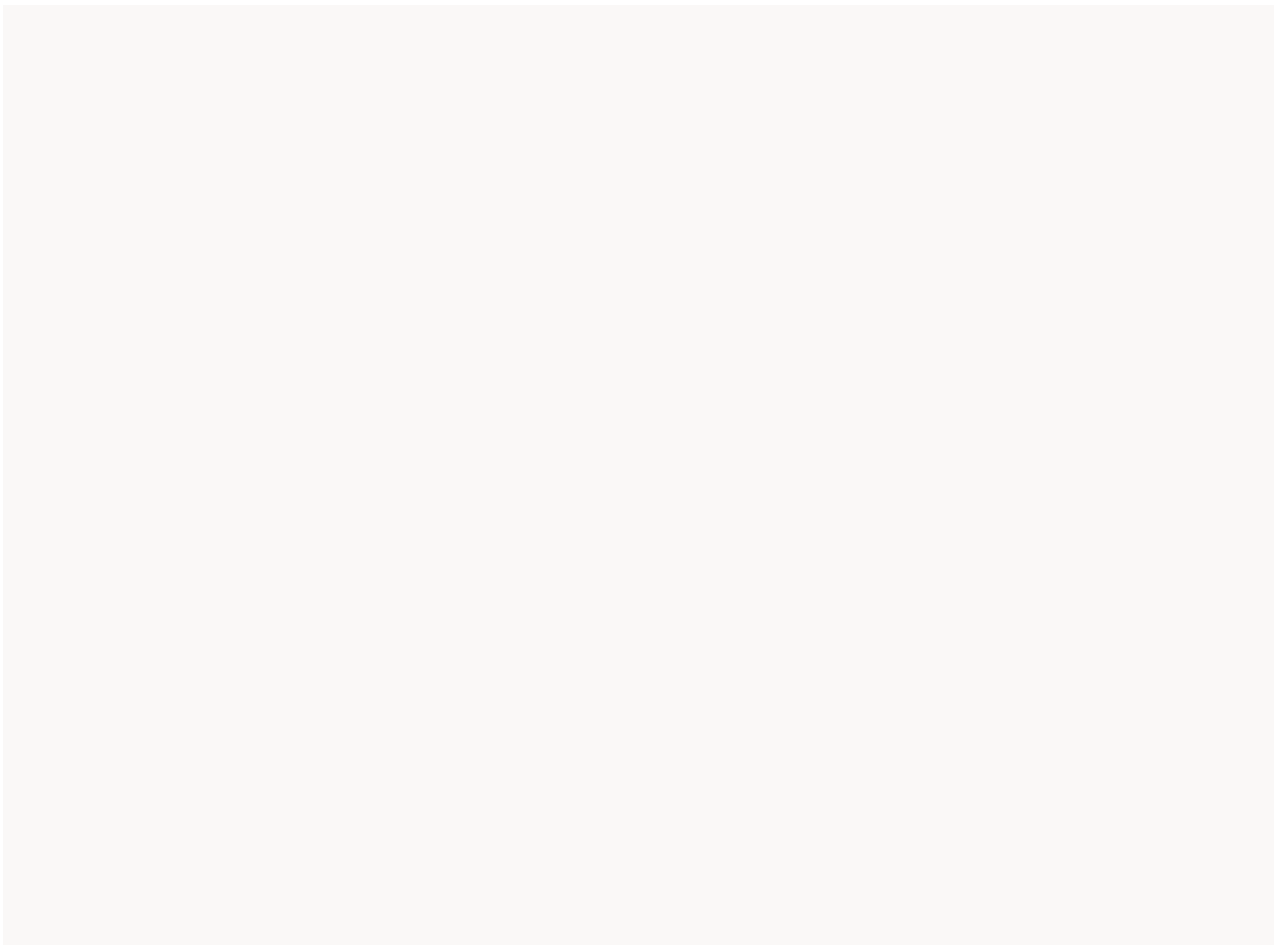


What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



Week 1 , Day 6:

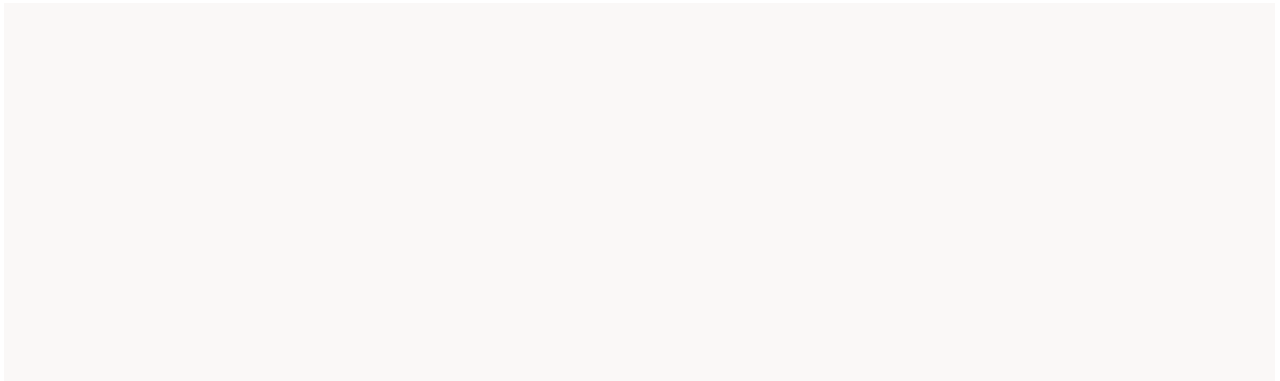
Reflect Without Bullying Yourself

If you haven't fully nailed what you set out to do so far, don't bully yourself and don't be harsh. Instead, pause and gently ask: "What could I have done differently?"

Be honest and aware of where you could improve, but acknowledge it without judgment. Remember, growth comes from awareness, not self-criticism. It's okay — you're learning, and next week you'll have the chance to do better.

And if you have done well, don't skip over it — celebrate yourself and recognize your effort. Progress deserves acknowledgment.

What have you learnt so far?

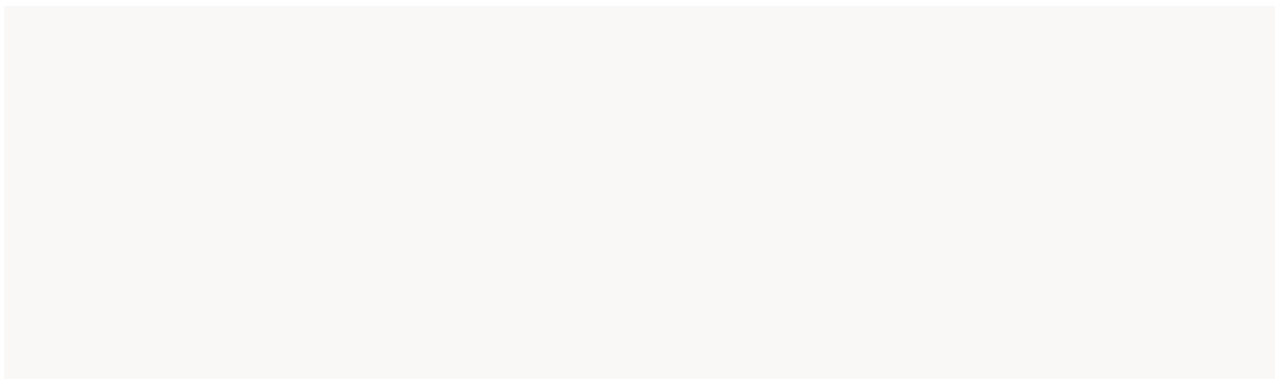


Week 1 , Day 7:

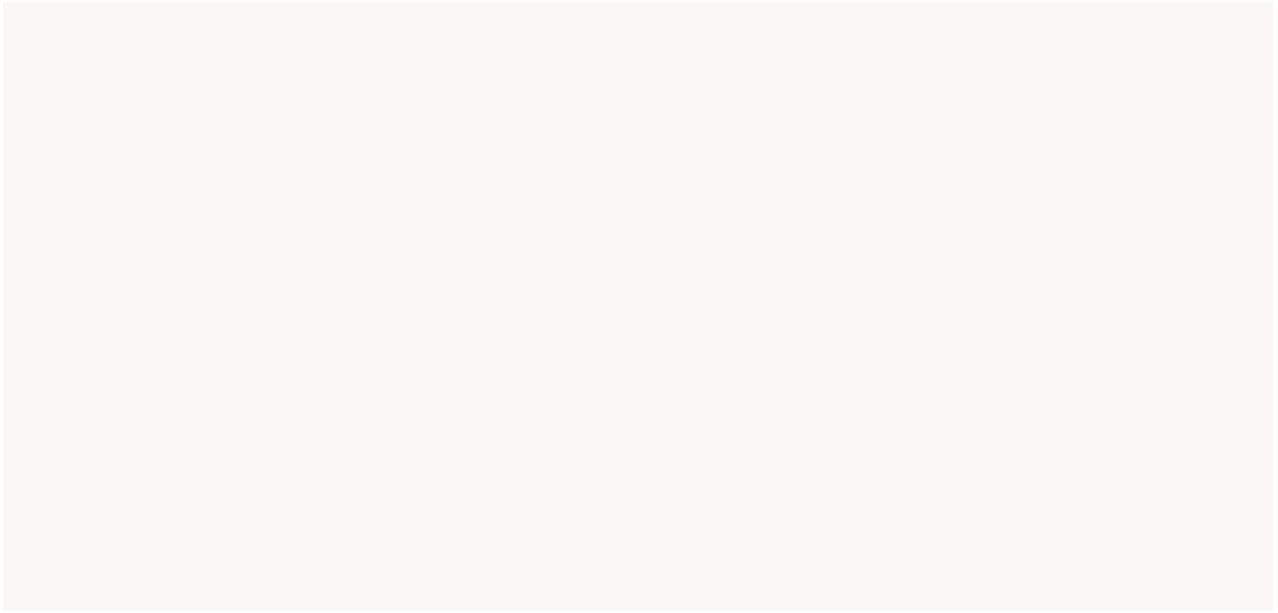
Person B

Person B is the version of you, who has stepped into their potential, unlocked clarity, and now has the tools to LIVE more Life.

How do you know you are person B?

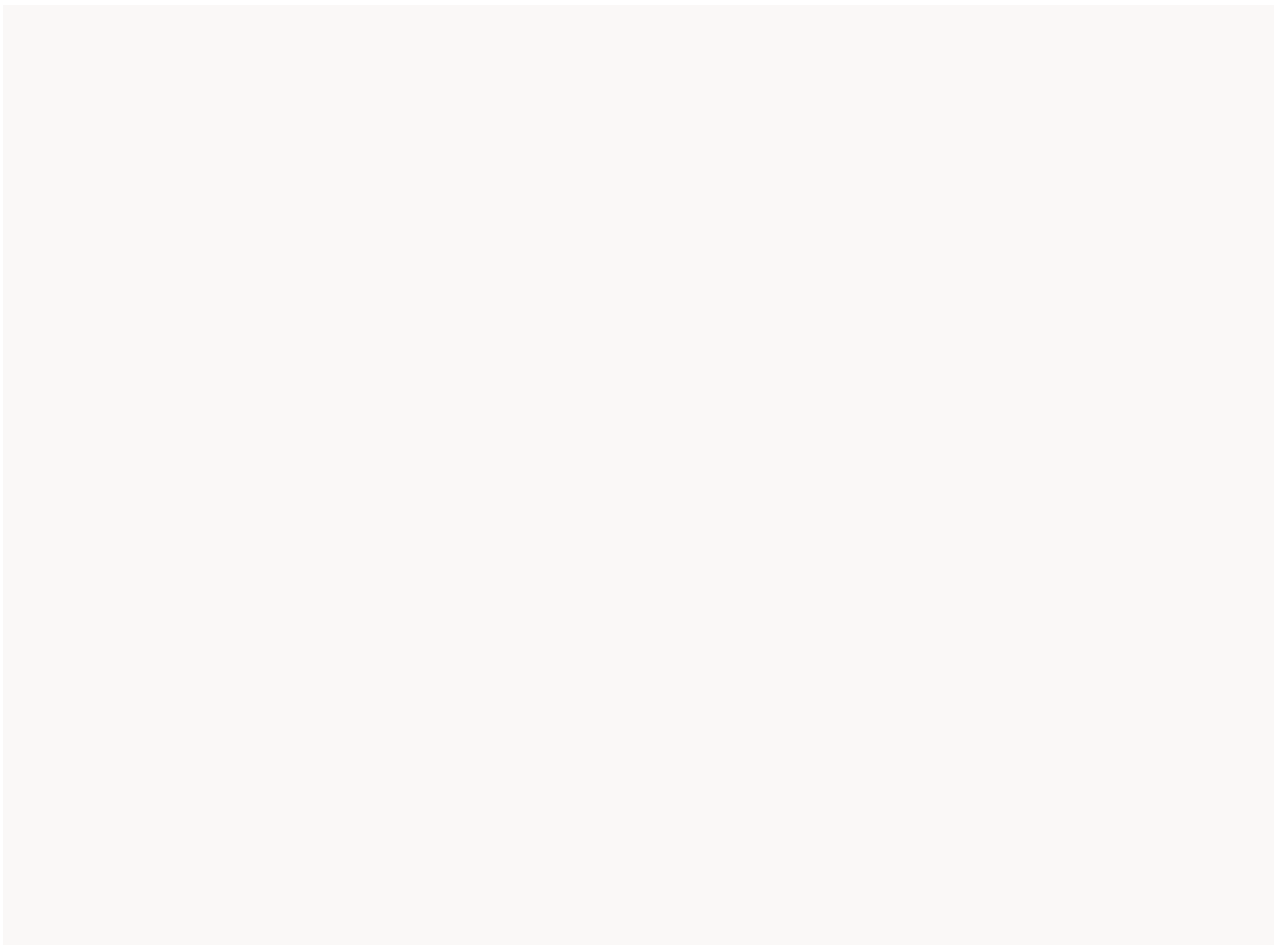


What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



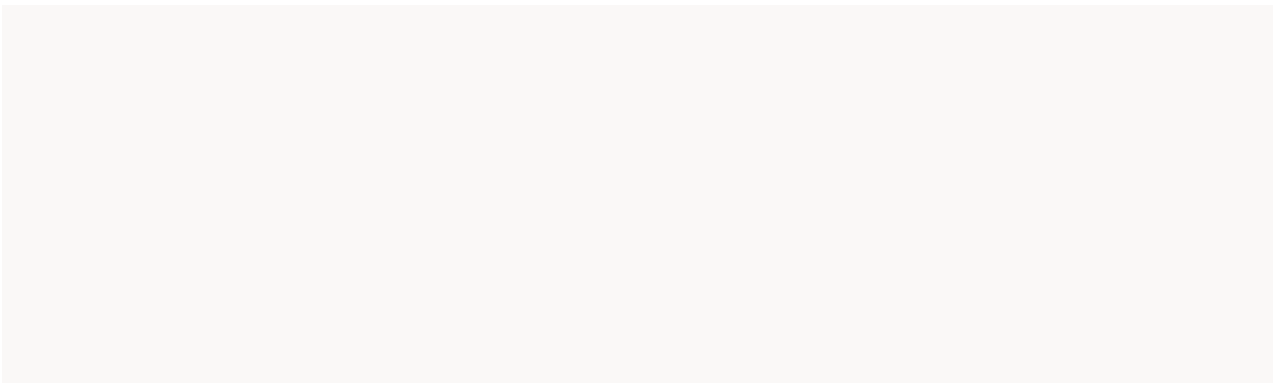
Week 2 , Day 8:

When You Feel Stuck

If you find yourself stuck or not doing as well as you hoped, pause and ask: "What smaller step can I take here?"

Identify where things aren't working and break it down into a micro-step. There's nothing wrong with you and nothing wrong with your goal — it may simply need to be simplified. By breaking it down, you make progress achievable and keep moving forward.

How can you break down your goal even more?



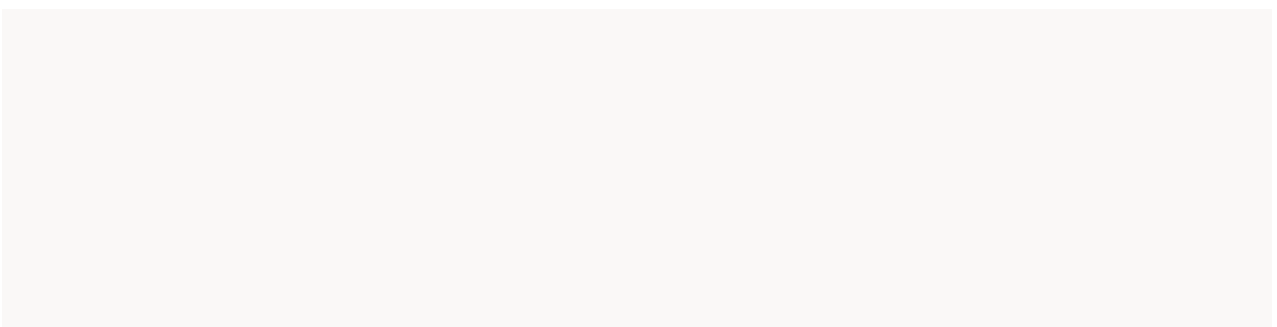
Week 2 , Day 9:

The Resistance is the Work

When you feel resistance — when things feel heavy, uncomfortable, or like they're not going well — that's not a sign to stop. That's the exact moment the real work begins.

Resistance is your growth zone. It's where habits are tested, resilience is built, and transformation takes root. Instead of backing off, lean in. Push a little harder, stay a little longer, and remind yourself: this is the work that creates change.

What resistance have you experienced?



Week 2 , Day 10:

One action is better then nothing

Think of just one step you can take to move forward. One step is always better than no steps — because even a single action gives you clarity. You'll know if that step worked or not, and from there you can adjust, learn, and keep going.

What is your one step forward?

Week 2 , Day 11:

Hero

The Superhero Stance ✨

Stand tall. Plant your feet firmly on the ground, shoulder-width apart.

Lift your chest, straighten your back, and roll your shoulders open.

Place your hands on your hips, or raise your arms overhead in a victorious "V."

Now breathe deeply — slow, strong breaths.

Hold your head high and look straight ahead as if you're unshakable.

This is the superhero stance.

In just a few moments, your body begins sending signals to your brain:

"I am strong. I am powerful. I am capable."

This simple shift in posture changes your state. From uncertainty to confidence. From fear to courage. From hesitation to action.

Anytime you feel doubt creeping in, step into your superhero stance. Own the space around you. Feel your power rise.

Because when you change your physiology, you change your focus.

And when you change your focus, you change your life.

Can you think of a time in the past when doing the superhero stance would have helped?

Week 2 , Day 12:

Progress Over Perfection

Progress is what matters — not perfection. Every small step forward counts, even if it feels imperfect. Perfection can come later, once you've built consistency and confidence.

Remember: perfection is the polish, but progress is the path. Focus on moving forward, one step at a time, and the rest will follow.

Are you stopping yourself from progressing? If yes what can you do about it?

Week 2 , Day 13:

Check in Time, check in below and use page

Am I pleased with this week outcome?

What could I have done better?

What did I struggle with?

What did I do well at?

What can I take with me this week?

Week 2 , Day 14:

Focus on the person that does this naturally

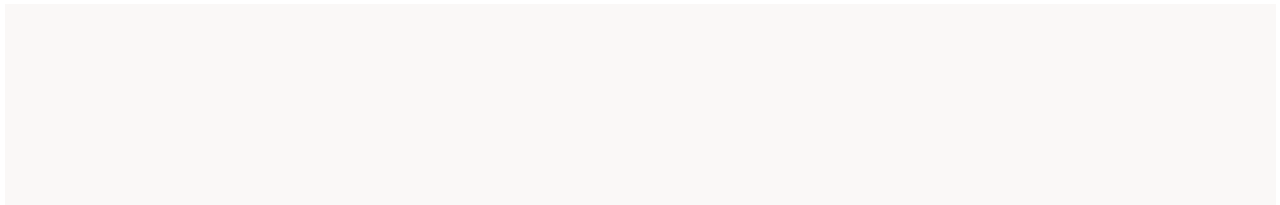
Stop for a moment and reflect: Who are you becoming through this change?

Think about the version of you that is already living this new habit. What does that person look like? How do they think, act, and show up each day?

For example, what does someone who can confidently run 5 km look like? They are consistent, resilient, and committed. They build strength step by step — not by waiting for perfection, but by showing up daily.

When you picture that future version of yourself, you begin to step into their shoes today.

Who are you becoming?



Week 3 , Day 15:

Perfection

Perfection is not the starting point — it's the destination. Too often, we let the idea of perfect hold us back, stopping us from starting, trying, or learning.

The truth is, growth comes from progress, practice, and persistence. Every step you take, every action you complete, even the mistakes you make, is part of the journey toward mastery.

Focus on doing, learning, and improving. Let your efforts be consistent, not flawless. Perfection will come naturally at the end, once you've built the foundation through action.

Remember: progress first, perfection later. Celebrate each step along the way, because each one brings you closer to the best version of yourself.

What are you doing about being a perfectionist?

Extra Notes

What to do when you don't feel like it

What to Do When You Don't Feel Like It

- We all have days when motivation feels low. The key is not to wait for inspiration but to take action anyway. Here's how to shift yourself forward:
 - Define exactly what you're meant to do
 - Get clear. Vague goals create overwhelm. Name the task in one simple sentence so your mind knows what to focus on.
 - Find a micro-step
 - Break it down into the smallest possible action. One tiny step is always better than none — and often, it creates momentum for the next one.
 - Change your environment
 - Sometimes it's not you, it's your surroundings. Clear the clutter, move to a different space, or set up what you need so the task feels lighter.
 - Remember you are empowered
 - You always have a choice. You're capable, resourceful, and stronger than that "I don't feel like it" voice. Taking action — no matter how small — is how you prove it to yourself.

Define exactly what you're meant to do

Find a micro-step

Change your environment

Remember you are empowered

Week 3 , Day 16: To-do list

A to-do list isn't just about writing tasks down — it's about creating focus and control in your day. When everything is sitting in your head, it's easy to feel overwhelmed, forget things, or spend energy worrying about what you might miss.

A to-do list helps you:

- Prioritize what really matters.
- Stay organized and keep track of your commitments.
- Reduce stress, because you don't have to rely on memory alone.
- Build momentum, as every ticked-off item gives you a sense of progress.

Most importantly, a to-do list turns big goals into clear, actionable steps — and action is what leads to results.

What is on your to-do list?

Week 3 , Day 17

The Power of a Healing Sentence

Words shape the way we see ourselves. A healing sentence is a simple phrase you tell yourself that shifts your focus from judgment to growth. Instead of replaying what went wrong, you remind yourself of what went right and what you're capable of. Take a moment to mark what you've done well — no matter how small. Write it down or say it out loud. This builds confidence, reinforces positive action, and gives your mind proof that you are moving forward.

What is your healing sentence/ Affirmation

2 x Letter

Letter Writing Exercise ✨

I'd like you to take some time and write two letters. This will help you step into both perspectives and uncover insights that may not surface otherwise.

1. Letter 1: From Person A to Person B

- Imagine you are Person A.
- Write a letter directly to Person B.
- Express their thoughts, feelings, frustrations, hopes, or anything they wish they could say.
- Don't filter yourself — allow it to be honest and raw.

2. Letter 2: From Person B to Person A

- Now step into Person B's shoes.
- Write a reply or a message to Person A.
- Share what they might feel, need, or want Person A to understand.
- Again, keep it open, real, and true to their voice.

💡 Remember: this is not about being "right" or "wrong." It's about exploring both perspectives with honesty and compassion.

Week 3 , Day 18:

The Power of Being Grateful

Gratitude is more than just saying "thank you." It's a way of noticing the good in your life, even when things feel challenging. When you focus on what you already have, your mind shifts from scarcity to abundance, and your energy becomes lighter and more positive.

Take a moment each day to pause and reflect on what you're grateful for. It could be something big — like your health, your family, or your achievements — or something small — like a warm cup of tea, a kind word, or a quiet moment to yourself.

Being grateful doesn't ignore challenges; it simply reminds you that even in tough times, there is something worth appreciating. This simple practice builds resilience, joy, and a stronger sense of purpose.

What are you grateful for?

Take responsibility for your energy

Take Responsibility for Your Energy

Your energy is your greatest currency. It's the invisible force that shapes how you think, feel, and interact with the world. And here's the truth: nobody else is responsible for your energy but you.

- Your thoughts feed it. Negative self-talk drains you, while empowering thoughts expand you.
- Your body fuels it. How you move, eat, sleep, and breathe all influence whether your energy lifts you up or pulls you down.
- Your boundaries protect it. Every "yes" to things that deplete you is a "no" to your own vitality.

Taking responsibility means shifting from "life is happening to me" → "I am choosing how I show up."

How can you take back your energy?

Week 3 , Day 19

Rewarding yourself

Rewarding yourself isn't just a treat — it's a way to acknowledge your effort, celebrate progress, and reinforce positive habits. Every step you take toward your goals deserves recognition, no matter how small it may seem.

How are you going to reward yourself?

Lead with your why

Your emotions fluctuate — some days you feel energized, other days low. If you rely solely on how you feel, your progress becomes inconsistent.

Instead, lead with your why. Connect to the deeper reason behind your goals — the purpose that drives you beyond mood or circumstance. Your why fuels action even when motivation dips, giving you the courage and energy to keep moving forward.

What is your why?

Week 3 , Day 20:

Time to shift gear

Sometimes progress means changing gears. Ask yourself: What is the next gear for me?

- Are you moving from gear 3 to 2 — focusing on building power and momentum before pushing harder?
- Or are you moving from gear 3 to 4 — flowing forward with energy and purpose, accelerating toward your goal?

Understanding your next gear helps you act intentionally, stay in control, and keep moving forward — no matter the pace.

Am I pleased with this week outcome?

What did I struggle with?

What could I have done better?

What did I do well at?

What can I take with me for next week?

Monitor your regressions

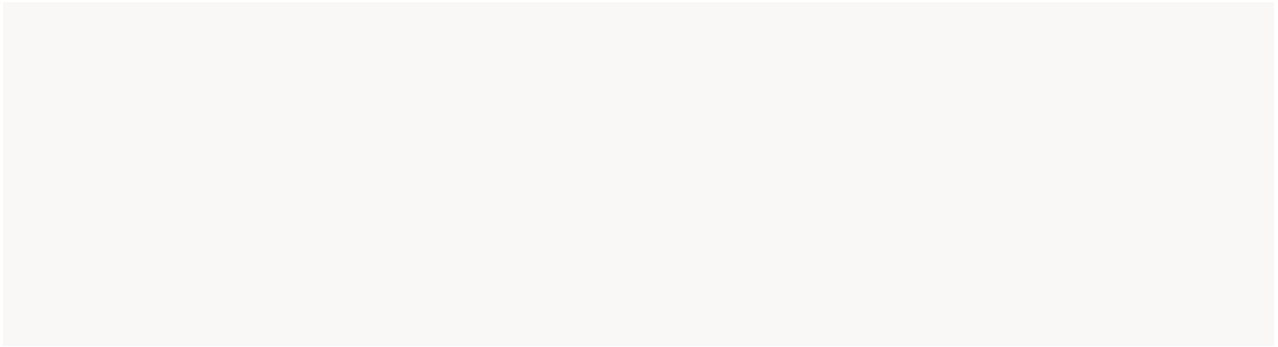
Think back to a time when you experienced a regression. What helped you get back on track?

Understanding how you navigated setbacks gives you power and confidence. When you know the strategies that work for you, you feel empowered to step back into the process and continue progressing.

Remember: setbacks aren't failures — they're opportunities to learn, adjust, and move forward even stronger.

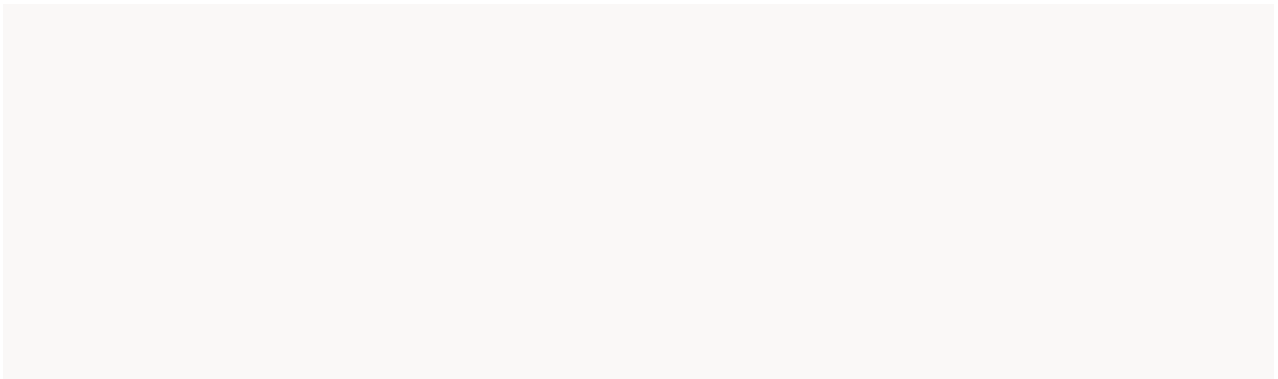
What have you learnt from regression

What is your commitment and promise to yourself



Notes for reflection

What are you taking away with you?



Summary of what we doing

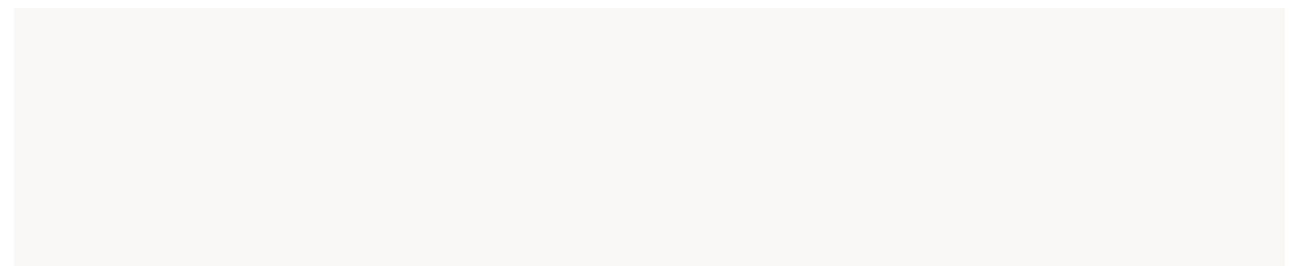
Where Are We With This Challenge?

To be successful, we need to break our goals down into smaller, manageable steps — steps we can actually achieve. Start small, build momentum, and gradually make more progress.

Remember to stay connected to your why — it's what keeps you moving when things feel challenging. Understand that regression is part of the process; setbacks don't mean failure.

There is nothing beyond your capacity. Every step forward, no matter how small, brings you closer to your goal. Keep going — you're capable of more than you think.

What are your finding from the above



Week 3 , Day 21

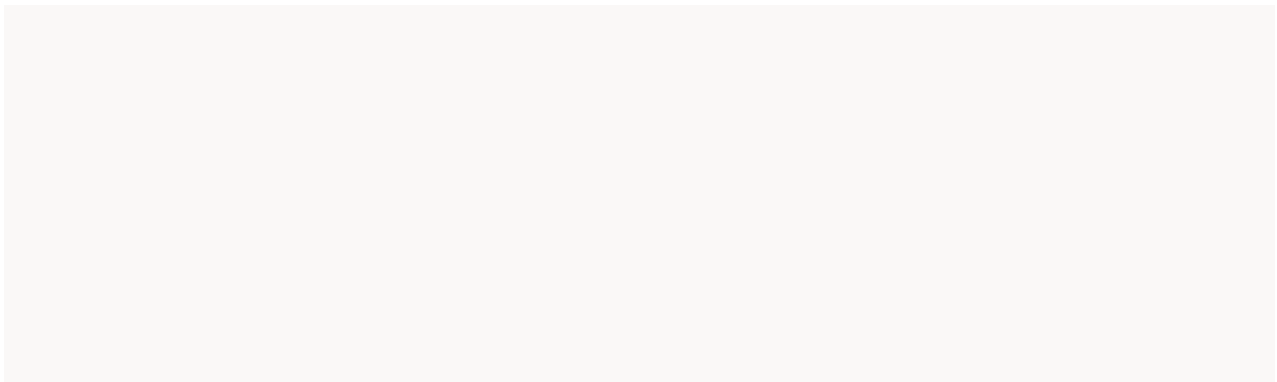
Celebrate your wins

Celebrating your wins keeps you motivated and encourages you to push forward. Too often, we focus only on what's next and forget to acknowledge the progress we've already made.

Taking time to recognize your achievements, no matter how small, is one of the best parts of the journey. Each win builds confidence, reinforces your effort, and reminds you that your hard work is paying off.

Remember: celebrating progress isn't just fun — it's fuel for continued growth.

What has been your wins so far?

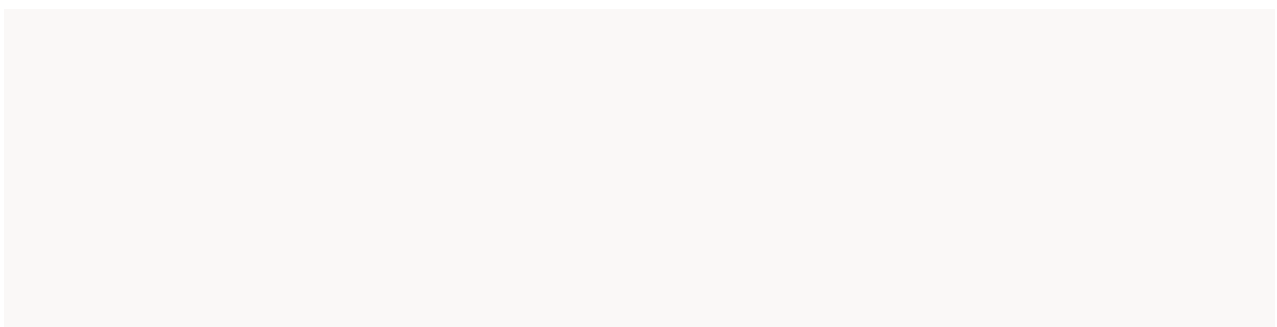


Choose to have the best day

Every day, you have a choice: to let it unfold or to make it your best day. Happiness, focus, and energy don't just happen — they are choices you make in how you think, act, and respond. Decide to focus on what serves you, embrace the positive, and take intentional actions that support your goals.

Remember: it's your day, your mindset, your choice. Make it count.

What can you do to have the best day?



Week 4 , Day 22:

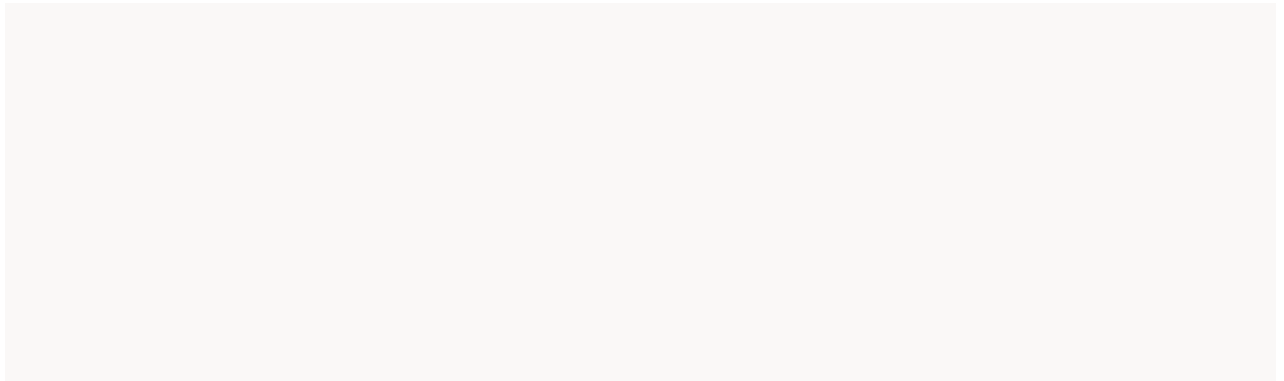
Teach it, live it

Knowledge becomes power when it's applied. Take what you've learned, start living it in your daily life, and share it by teaching others.

Teaching what you've learned reinforces your own growth, strengthens your understanding, and inspires those around you. By living your lessons, you turn insights into habits and actions that make a real difference — for yourself and for others.

Remember: action + sharing = mastery.

What are you going to start to teach?



Week 4 , Day 23:

Energy audit

Celebrating your wins keeps you motivated and encourages you to push forward. Too often, we focus only on what's next and forget to acknowledge the progress we've already made.

Taking time to recognize your achievements, no matter how small, is one of the best parts of the journey. Each win builds confidence, reinforces your effort, and reminds you that your hard work is paying off.

Remember: celebrating progress isn't just fun — it's fuel for continued growth.

Rate yourself from 1–10, with 10 being your highest and best energy?

What can you do to improve your energy

Reminder about the healing sentence

Healing sentence or affirmation is so important to keep motivated

What is your healing sentence?

Week 4 , Day 24

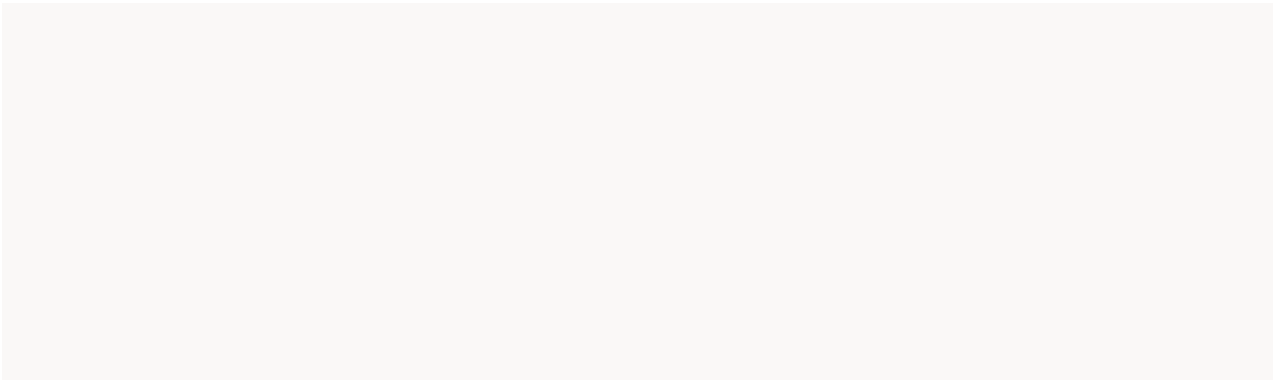
Lions Den

We often underestimate the reality of our actions because the consequences feel far away. Thinking about them in the future makes them seem less urgent, so we delay change.

Consider the story of the lion's den: standing at the edge of the den when there are no lions feels safe. But when the consequences of inaction move forward — when the “lions” of your choices are brought to the front — suddenly, the situation becomes real and urgent.

Think about the consequences of not changing. Imagine yourself jumping into the lion's den — what would happen? Let that reality motivate you to take action today, rather than waiting until the consequences arrive.

What are the consequence of not complete this challenge?



Week 4 , Day 25:

15min principle

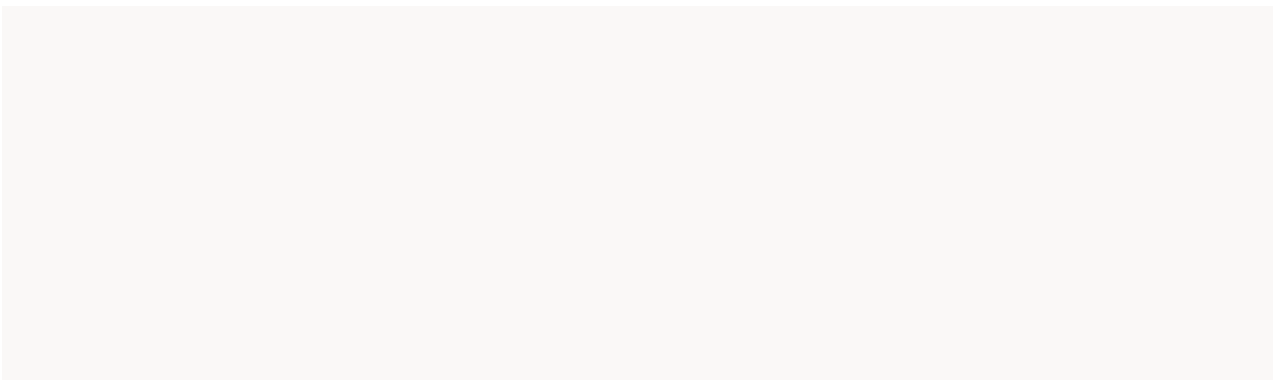
Sometimes, starting feels impossible because the task ahead seems too big. That's where the 15-Minute Principle comes in: commit to just 15 minutes.

Whether it's exercising, writing, cleaning, or learning something new, set a timer and give yourself permission to focus for only 15 minutes. Often, once you start, momentum naturally carries you beyond that.

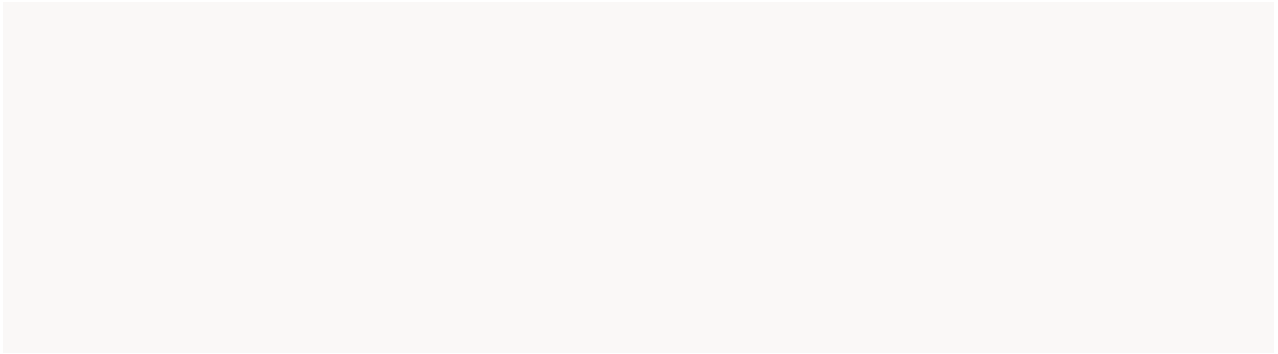
The power of this principle is simple: action beats procrastination, even in small doses.

By taking just one short step, you break through resistance, build consistency, and make progress — one 15-minute session at a time.

Where can you implement the 15mi principle?

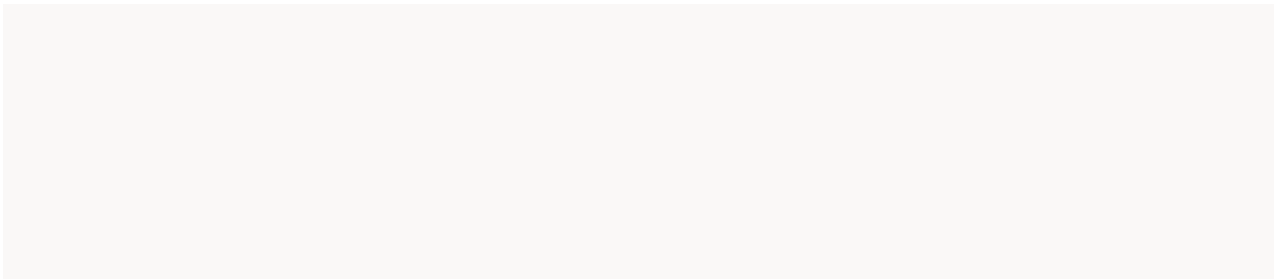


What is your commitment and promise to yourself



Notes for reflection

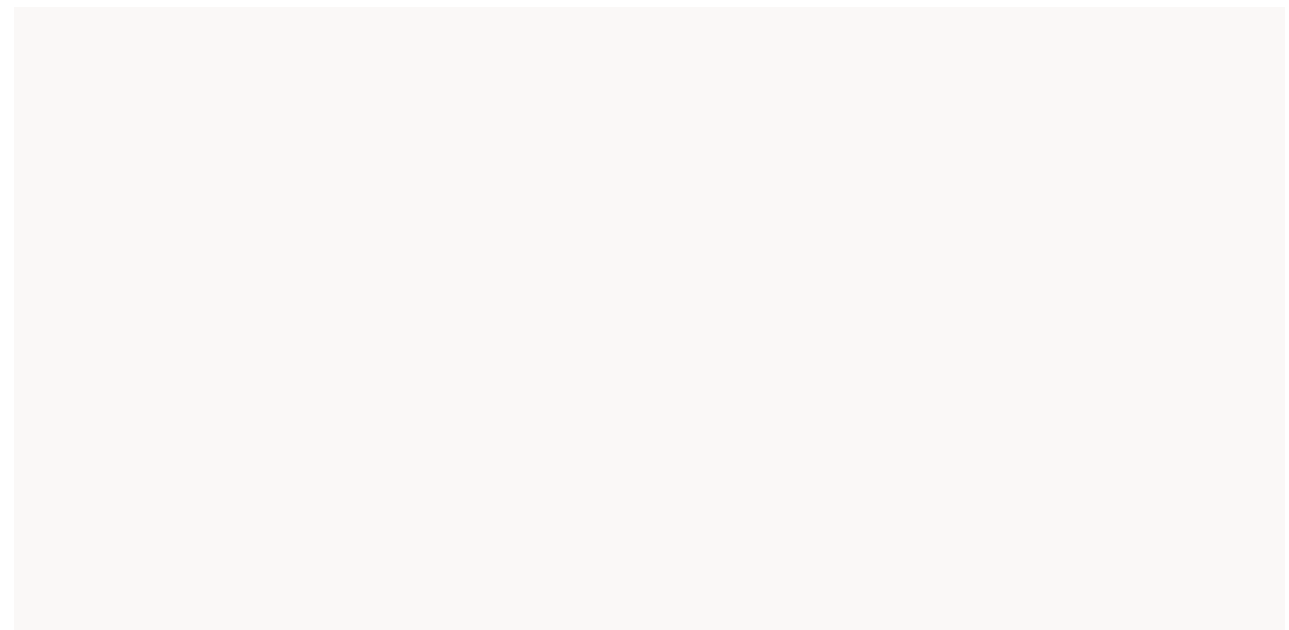
What are you taking away with you?



Life style change

Do you want to make this a LIFE STYLE CHANGE

Have you created a life style change?



Week 4 , Day 26

Today is the only today

Today is the last day — a moment you'll never get back. Ask yourself: What can I do today to truly support and honor myself on this journey?

Take deliberate action, celebrate what you've learned, and make the most of this opportunity. Every choice you make today shapes your growth and leaves a lasting impact.

Remember: this is your moment — embrace it fully.

What are the consequence of not complete this challenge?

How well have you done

How Well Have You Done?

Pause for a moment and look back.

Not at what's missing, but at how far you've already come.

How well have you done?

Week 4 , Day 27:

One thing you can Change and achieve

Change is the doorway. It's the decision to no longer stay where you are. Change begins the moment you say: "Enough. I want something different."

What one thing can you change now to help you achieve.



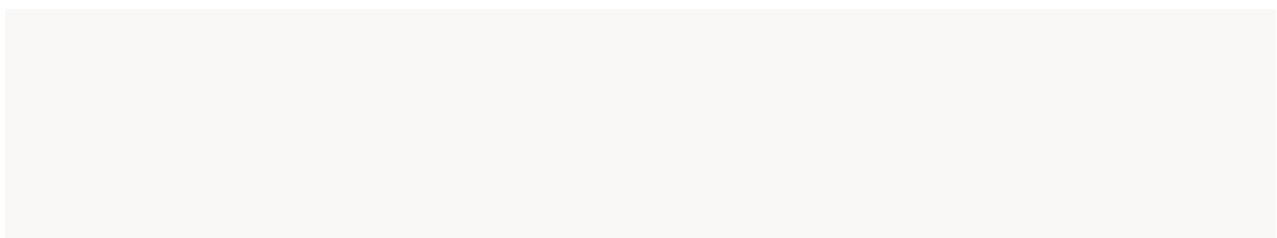
Its time for the next step

A lifestyle change isn't about a crash diet, a 30-day challenge, or a once-off decision. It's about creating new ways of living that support the person you want to become.

It's not about doing something extreme for a short time — it's about building habits that last a lifetime.

✨ A true lifestyle change means:

- Choosing consistency over perfection.
- Building small daily habits that compound into big results.



What did I struggle with?

What could I have done better?

What did I do well at?

What can I take with me for next week?

Week 5 , Day 28

What works for me

So often, we focus on what went wrong or what still needs fixing. But real growth comes when we pause to notice what did work.

What are your wins



Well Done and congratulations

What are you taking away with you?

