

THE

52

WRR

WEEK 1/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Example Habit 1	✗	✓	✗	✗	✓	✗	✗	3	2
Example Habit 2	✓	✓	✓	✓	✓	✓	✓	5	7
Example Habit 3	✓	✓	✓	✓	✓	✗	✓	7	6
Write the WRR for next week	✗	✗	✗	✗	✗	✗	✓	1	1
Total								16	16

To-Do's

- Install new bookshelf
- Fix the leaking bike tire
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Notes

Some random thoughts

WEEK 1/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 2/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"When you are starting a new habit, it's important to keep the behavior as easy as possible, so you can stick with it even when conditions aren't perfect"

- James Clear, Atomic Habits

WEEK 3/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"We first make our habits, and then our habits make us"

-John Dryden, Building a Productive Habit

WEEK 4/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 5/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"People do not decide their futures, they decide their habits and their habits decide their futures"

-F. M. Alexander

WEEK 6/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 7/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"It doesn't matter how successful of unsuccessful you are right now. What matters is whether your habits are putting you on the path toward success"

WEEK 8/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 9/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor"

- Vince Lombardi

WEEK 10/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 11/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"It's not what we do once in a while that shapes our lives. It's what we do consistently"

- Anthony Robbins

WEEK 12/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Be the person with embarrassing goals and impressive results instead of one of the many people with impressive goals and embarrassing results"

WEEK 13/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 14/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"If you are trying to reach a specific goal, ask yourself every day: What is one small step I could take toward reaching my goal"

- Robert Maurer, One Small Step Can Change Your Life

WEEK 15/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 16/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

“Being specific about what you want and how you will achieve it helps you say no to the things that derail your progress, distract your attention, and pull you off course”

WEEK 17/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 18/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Make the behavior so tiny that you don't need much motivation"

-B.J. Fogg, Tiny Habits

WEEK 19/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"One of the best ways to build a new habit is to identify a current habit you already do each day and than stack your new behavior on top"

- James Clear, Atomic Habits

WEEK 20/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"In essence, you make your choices, and then your choices make you. Every decision, no matter how slight, alters the trajectory of your life"

- Darren Hardy, The Compound Effect

WEEK 21/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Just as athletes never quit training, high performers never stop consciously conditioning and strengthening their habits"

-Brendon Burchard, High Performance Habits

WEEK 22/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"the more attractive and opportunity is, the more likely it is to become habit-forming"

- James Clear, Atomic Habits

WEEK 23/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 24/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"When you feel successful at something, even if it's tiny, your confidence grows quickly, and your motivation increases to do that habit again and perform related behaviors."

- BJ Fogg, Tiny Habits

WEEK 25/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"We need to make our habits attractive because it is the expectation of a rewarding experience that motivates us to act in the first place"

- James Clear, Atomic Habits

WEEK 26/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Be the person with embarrassing goals and impressive results instead of one of the many people with impressive goals and embarrassing results"

WEEK 27/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 28/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Habits are attractive when we associate them with positive feelings, and we can use this insight to our advantage rather than to our detriment"

- James Clear, Atomic Habits

WEEK 29/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 30/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Every action you take is a vote for the type of person you wish to become."

- James Clear, Atomic Habits

WEEK 31/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 32/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 33/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Imagine your best future self, and start acting like that person today"

- Brendon Burchard, High Performance Habits

WEEK 34/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 35/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 36/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Chains of habit are too light to be felt until they are too heavy to be broken."

- Warren Buffett

WEEK 37/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"When you start a new habit, it should take less than two minutes to do"

- James Clear, Atomic Habits

WEEK 38/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 39/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Habit is a cable; we weave a thread of it each day, and at last we cannot break it"

-Horace Mann

WEEK 40/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex."

- Norman Vincent Peale

WEEK 41/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"It is better to do less than you hoped than to do nothing at all"

- James Clear, Atomic Habits

WEEK 42/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 43/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"If you create an act, you create a habit. If you create a habit, you create a character. If you create a character, you create a destiny"

- Andre Maurois

WEEK 44/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"It is better to do less than you hoped than to do nothing at all"

- James Clear, Atomic Habits

WEEK 45/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"A habit cannot be tossed out the window; it must be coaxed down the stairs a step at a time"

- Mark Twain

WEEK 46/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"The easier a behavior is to do, the more likely the behavior will become habit"

-B.J. Fogg, Tiny Habits

WEEK 47/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 48/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 49/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 50/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

WEEK 51/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

"The perfect team in personal development is small steps and willpower."

-Stephen Guise, Mini Habits

WEEK 52/52

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Achieved
Write the WRR for next week								1	
Total									

To-Do's

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Notes

THE 52 WRR

Thank you for using ***The 52 WRR***. I hope this year has been your best year ever and that this has helped you build new and better habits.

The 52 WRR is based on the work of [Darren Hardy](#), author of the book “The Compound Effect”. Support the author and his great book.

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