

### Habit-Building Map

**I'm above my window when:**

**My WW-BEAR Plan**

**What?**

**Why?**

**Breathe**

**Externalize**

**Actionable steps** (to get me back into my window)

**Reward**

**I am in my window when:**

**I'm below my window when:**

**Managing my window**

– here you are adding your items that are likely to get you back into your window and on track again

**When I am above my window I will:**

**When I am below my window I will:**