

# HerBusiness Habit Assessment

“If you have good habits, time becomes your ally. All you need is patience.”  
— James Clear

## Personal Habits

Stop

Keep

Start

Notes

**“If you were forced to work for just one hour per day, what would you work on during that hour to be most effective?” — James Clear**

**Business Habits**

Stop

Keep

Start

Notes

**Remember:**

**“Habits will form whether you want them or not. Whatever you repeat, you reinforce.” — James Clear**