

## WW MICRO HABITS MENU: MY IDEAS

1 Physical Health	2 Mental Health	3 Living Space	4 Relationship Health

5 Financial Health	6 Career Health	7 Playtime and Fun	8 Spiritual Health

WHAT MICRO-HABITS DO YOU WANT TO ADOPT?  
 THESE ARE JUST IDEAS...WHAT FITS YOUR GOALS SITUATION?  
 WHAT CAN YOU BE CONSISTENT AT IN A TINY TIME INVESTMENT?

