



## Welcome to Your Habit Tracker!

Identifying and taking action on the 'baby steps' toward your goal is a key to attaining your goal. This habit tracker is a helpful tool to track your daily 'baby step' success.

It is designed to be customized by you, to attain your personal goals.

Use one tracker per month.

List the habits you would like to track daily on the left.

The tracker is numbered 1-31 – representing the days on the month

Write in the day of the week (M, T, W, Th, F, S, S) in the square above the number.

It may be easier to keep track by day.

Design your habits to be daily steps to your bigger goals.

**For example,** if your overall goal is to be healthier, you may have daily goals such as; daily workout, walking 10K steps, tracking calories, taking vitamins, water intake, sleep goal, etc.

### Habit Tracker Tips:

- ✓ Think of it like a fun challenge
- ✓ Use color/design on your tracker if it inspires you
- ✓ Make it personal to you
- ✓ There is no habit that is too small, especially if it will take to your goals
- ✓ Forgive yourself if you miss a day (or days) – just get right back on it!
- ✓ You can track habits in different areas of your life on one tracker
- ✓ No one else needs to see your tracker
- ✓ Be honest with yourself when tracking
- ✓ You can change up the habits you are tracking as needed
- ✓ Remove habits which no longer resonate
- ✓ Add new habits which will be beneficial
- ✓ Keep your tracker where you will see it daily
- ✓ Have fun with it!
- ✓ Be kind to yourself
- ✓ The action you are taking to use this tracker is evidence of your commitment to your amazing future!

You are on your way to achieving your goals!

Blessings to you on your road to success!

*Lorrie*

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