

HABIT TRACKER

Month: _____

| HABIT | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

I WILL EXECUTE HABIT 1 AT TIME:_____ PLACE:_____

I WILL EXECUTE HABIT 2 AT TIME:_____ PLACE:_____

I WILL EXECUTE HABIT 3 AT TIME:_____ PLACE:_____

I WILL EXECUTE HABIT 4 AT TIME:_____ PLACE:_____

I WILL EXECUTE HABIT 5 AT TIME:_____ PLACE:_____



You do not rise to the level of your goals. You fall to the level of your systems.

Your goal is your desired outcome. Your system is the collection of daily habits that will get you there.

This year, spend less time focusing on outcomes and more time focusing on the habits that precede the results.