

# HABIT TRACKER

## Turn Your Intentions into Goals that You will Track for the Next Month

- IDENTIFY THE AREAS THAT YOU WOULD LIKE TO TAKE ACTION ON AND SET A MEASURABLE GOAL FOR THAT AREA FOR THE NEXT MONTH
- TRACK YOUR PROGRESS TOWARDS THAT GOAL BY MARKING A "X" IN THE BOX ON THE DAYS THAT YOU ACCOMPLISH YOUR GOAL
- REFLECT AT THE END OF THE MONTH. WHERE WERE YOUR AREAS OF GROWTH? WHAT HAVE YOU ACHIEVED THAT HAS BEEN POSITIVE FOR YOU?
- DETERMINE IF YOU WANT TO SET NEW GOALS OR KEEP THE SAME GOALS FOR THE NEXT MONTH AND REPEAT!

