



LIVE UNIQUELY CREATED™

30-Day Habit Tracker

Instructions: Check each box as you complete the habit for the day. Choose one or more habits to focus on consistently for the next 30 days.

Habit	Goal	✓
Morning prayer or quiet time	Daily	☐
Read Scripture	Daily	☐
Speak 3 identity affirmations	Daily	☐
Journal for 10 minutes	Daily	☐
Express gratitude (3 things)	Daily	☐
Exercise or move your body	Daily	☐
Drink enough water	Daily	☐
Work toward one meaningful goal	Daily	☐
Practice a healthy boundary	Daily	☐
Encourage someone	Daily	☐

Weekly Reflection

Week 1: What did I learn about myself?

Week 2: Where did I experience growth? ?

Week 3: What habits are becoming natural?

Week 4: What victories am I celebrating?

My Monthly Reflection

The greatest change I noticed this month was... ?

The habit I want to continue is...?

The next area I want to grow in is...?

Closing Declaration

I choose to live each day as the woman God uniquely created me to be. I will walk confidently in my identity, intentionally in my purpose, and faithfully in my calling. One small step at a time, I am becoming all I was created to be.

