

# Monthly Habit Tracker: A Path to Consistent Progress

This tracker is designed to help you build and maintain positive habits with ease.

## Instructions

1. Print your desired number of monthly tracker sheets.
  - a. You can print one month at a time, or quarterly, or annually.
  - b. If you like, you can print your trackers by color for visual organization (e.g., by season or quarter).
2. Personalize:
  - a. Enter the month at the top of the page.
  - b. List your daily or near-daily habits in the left-hand column. Include existing habits, those you want to improve, and new habits.
3. Track each day you complete a habit by placing a checkmark in the corresponding date box.
4. Integrate it by using this tracker alongside your daily journaling practice. This is also called Habit Stacking, which is highly recommended by the habit gurus. (Hint!)
  - a. The "Top 3 Things Tool" and "Midlife's Not A Crisis Journal Pages" (available in the Resource Library) are great companions for the Monthly Habit Tracker.
5. Conduct a weekly or monthly "3-Step Self-Check-In" to review and maintain your progress.
  - a. Use the tracker data to inform your self-assessment, moving beyond subjective memory.

## Why This Tracker Works:

- **Simple Tracking:** A quick and easy way, in less than a minute, to monitor your daily activities.
- **Objective Tracking:** Seeing the checkmarks eliminates emotional bias and a subjective memory. You get a clear, factual picture of your consistency, which helps quiet that inner critic.
- **Visual Progress for Motivation:** The checkmark chain provides a tangible visual representation of your progress—or areas where you might need to adjust. This clear view amplifies motivation and gives you an objective snapshot of your consistency.
- **Consistency Building:** When used with daily notes and regular self-check-ins, this tool adds an objective layer to your assessments and evaluations. The combined factual data allows you to make small, informed shifts that will leverage your successes and build momentum.

## Tips for Success:

- **Limit New Habits:** Start with no more than two new habits at a time.
- **Start Small:** Begin with manageable habits and goals, gradually increasing them. For example, adjust the daily length of time spent or how many times a week. We want to walk into the shallow end of the pool—not dive into the deep end when you don't know how to swim.
- **Habit Stacking:** Link new habits to existing, successful routines.

## Casey Cue:

- This tracker is a tool to serve you. Customize it to fit your needs, don't try to make yourself work for it. Always ask, "How can this work for me?" If it works, use it. If not, then don't use it. If only a small part is helpful, use that piece and leave the rest.

# 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
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