

HABIT TRACKER

Use this Habit Tracker to identify, track, and solidify the habits you want to commit to each day, week, or month. When you complete the task or habit, color in the box. Choose 1 consistent time each day to update your habit tracker (when you get in bed, when you brush your teeth, right after dinner, etc.). Consider the questions and resources below to help jumpstart your habit evaluation and goals.

Consider these questions:

What habits do you want to form this year?

What habits do you want to break this year?

What habits do you want to see formed in the families you serve?

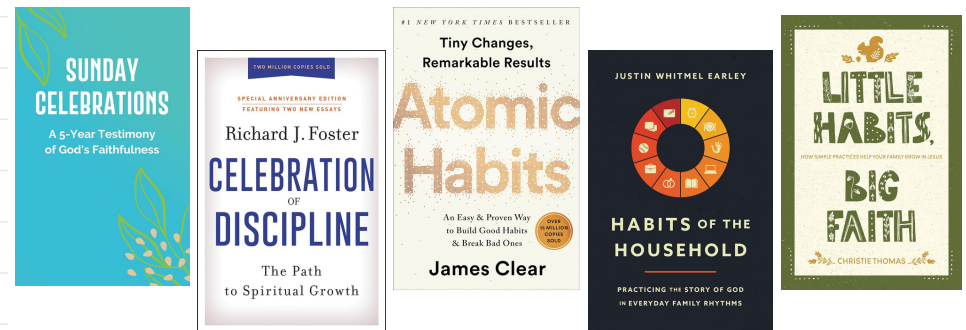
What habits do you want to develop or encourage in your volunteers?

What spiritual disciplines (holy habits) do you want to emphasize this year?

Digital Habit Trackers to Explore (if you prefer a digital tool over the paper print out):

- [Habit Tracker](#)
- [Streaks](#)
- [Way of Life](#)
- [Habitify](#)
- [Habitica](#)

Books About Habits - (Click each cover to learn more, and find my full Habits book list on Amazon [here.](#))



See the full Habits Reading List [Here!](#)

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JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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