

# Habit Tracking

We all face choices every day that will either lead us towards our values and desired identity or away from them. Develop small, effective habits that constantly guide you towards larger goals by listing the habits you would like to create. Color the corresponding square when you perform the habit each day. After one month, you'll have 10 new habits to help you be your best you.

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

REWARD YOUR HARD WORK:

treat yo'self

BEE your best YOU



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