

Track-it-to-a-Habit Week 3

The use of this simple chart will be the key to successfully achieving your goals. Take the time to fill it out each day and watch the magic happen.

Did I complete my action steps today?

Place a check under your action step. Or on a scale of 1-10 write down in the action step box how well you completed it. Use this information each Sunday as you complete Step 6.

	Action Step 1	Action Step 2	Action Step 3	Action Step 4
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

The way to tell if you really want something is to measure how much time and energy you are willing to give to get it.