

Habit Tracker

Designed for you by: Kristen Esquivias, Executive Coach



Start Date: _____

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MY WHY: What do I want to cultivate in my life? I am **committed** to practicing these habits because...

- I want to be
- I want to feel
- I want to accomplish

CELEBRATE: At the end of 30 days, I will celebrate myself by...

Habits to Practice	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	Total

TIPS for Practicing New Habits
Creating a new habit is all about connecting to a compelling why, committing to take action and celebrating progress along the way.

DO: Make your goals specific, measurable and realistic. Ex: I will move my body for at least 15 minutes, 4 days a week.

DO: Habit stacking. Practice the new habit immediately before/after an already existing habit, rather than try to find a new time to wedge it into your life.

DO: Celebrate progress. Recognize what you HAVE DONE, rather than what you haven't. Even 5 days of a little something is better than 0 days of nothing.

DO: Remember your WHY. When you get discouraged or discouraged, remember why you started in the first place, reconnect to your why, and recommit to yourself.