

Habit Tracker

Build the habits that build you.

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You're Not Weak — You're Missing a System

If you've tried to build a habit and slipped, it isn't because you lack willpower or discipline. Willpower is a limited, unreliable fuel — it runs lowest exactly when you're tired, stressed, or busy, which is precisely when habits matter most.

Lasting change rarely comes from trying harder. It comes from building systems: small, repeatable cues and routines that make the good choice the easy choice. Design your surroundings once, and they carry you on the days motivation never shows up.

Be kind to yourself as you go — a missed day is information, not failure. The next few pages explain what a habit really is, how it forms, and how you can change one on purpose.

What a Habit Really Is

A habit is simply a behaviour your brain has automated to save effort. Every habit runs on a loop: a cue triggers it, a routine plays out, and a reward tells your brain the loop was worth keeping.

The cue can be a time, a place, a feeling, or something you just did. The routine is the action itself. The reward is whatever payoff your brain notices — relief, pleasure, or a small sense of progress.

Each time the loop completes, its pathway grows a little stronger, until one day the behaviour happens almost without thought. That automatic ease is the goal — and it is built by repetition, not force.

How to Change a Habit

You rarely erase a habit; you redesign its loop. To build a good habit, make its cue obvious and its routine easy. To break a bad one, hide the cue and add friction so the routine is harder to start.

Shrink the habit until it's almost impossible to fail — two minutes is plenty at first. Anchor it to something you already do ('after I pour my coffee, I...') so an existing routine becomes the cue.

Then give it a reward you'll actually feel, and repeat. Be patient: habits take weeks, not days, to settle. Track each attempt on the pages that follow — seeing the streak is part of the reward.

Rewards That Actually Work

Your brain keeps the habits that pay off. A reward is the signal that says 'do that again' — so the faster and clearer the reward, the faster the habit sticks.

The catch: the reward has to be immediate. A benefit that arrives months from now — fitness, savings, calm — won't reinforce today's effort on its own. You need a small, genuine payoff in the moment.

Best of all are rewards that reinforce your identity: quiet proof that you're becoming the kind of person who keeps promises to themselves.

Healthy Rewards to Choose From

Pick rewards that are healthy, quick, and that never work against the habit you're building. A few that work well:

- Enjoy the mark itself — ticking the box is a small, real win. Let it feel good.
- Stack a tiny treat: a favourite song, ten minutes outside, a hot drink, a chapter of a good book.
- Tell someone, or share your streak — a little social acknowledgement goes a long way.
- Drop a coin in a 'win jar' toward a bigger reward you're saving for.
- Take a guilt-free break — a genuine rest is a reward you've earned.

Reward Yourself Kindly

Some 'rewards' quietly cancel the habit — skipping tomorrow as a treat, or a reward that works against your goal. Those teach your brain the wrong lesson. Choose payoffs that point the same way as the habit.

And go easy on yourself. If you miss, you haven't failed — you've collected data. Mark it honestly, look for the cue that tripped you up, and begin again the next day.

The deepest reward is the one that compounds: tomorrow's unbroken streak, and the growing sense that you can trust yourself to follow through.

How to Use This Book

Each tracking page is a simple grid. Write the habits you want to build down the left — one per row. The columns across the top are your days. Each day, mark how you did:

● Completed ◐ Partial ○ Missed

Start small: two or three habits is plenty. Aim for consistency, not perfection — then review how it went on the reflection page at the back.

Example — Here's How It Works

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Drink water	○	●	●	●	●	◐	●	○								
Walk 20 minutes	●	●	●	●	○	●	●	●								
Read 10 pages	●	○	●	◐	●	●	●	●								
Lights out by 11	●	●	◐	●	●	○	●	◐								
Phone out of bedroom	●	◐	○	●	●	●	◐	●								

● Completed ◐ Partial ○ Missed

You won't be perfect — and that's the point. Notice the misses, forgive them, and keep the streak alive.

Habit Tracker

Month / starting date: _____

● Completed ● Partial ○ Missed

Reflect & Reset

What went well? Which habits felt easy, or even rewarding?

What got in the way? When — and why — did you miss?

What did you learn about yourself and your routines?

What will you do differently next time? (Change a cue, lower the bar, add a reward.)

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