Development Resource Guide: Habit Tracker

Month:	Indicator 1:	Indicator 2:	Indicator 3:
Create a Habit Tracker for each month	Track progress daily for the first indicator	Track progress daily for the second indicator	Track progress daily for the third indicator
	1	1	1
How to use:	2	2	2
• Make copies as needed monthly to track the relevant indicators.	3	3	3
	4	4	4
• Decide how you will evaluate your use of an indicator, such as by frequency or intensity.	5	5	5
	6	6	6
	7	7	7
• Track your progress in the relevant indicators using a scale of your choice. You can use tic marks to tally, letter grades to score your performance, or emojis to express your reaction to your success with an indicator.	8	8	8
	9	9	9
	10	10	10
	11	11	11
• Remain mindful daily of opportunities to use your strengths and to address your challenges.	12	12	12
	13	13	13
	14	14	14
• Reflect on your progress at the end of each day and again at the end of each month.	15	15	15
	16	16	16
	17	17	17
• Don't forget to celebrate and reward yourself for self-awareness, relationships, and skills growth!	18	18	18
	19	19	19
	20	20	20
	21	21	21
	22	22	22
	23	23	23
	24	24	24
	25	25	25
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	27	27	27
	28	28	28
	29	29	29
	30	30	30
	31	31	31

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