

# *The Habit Tracker*

**“The big secret in life is there is no secret. Whatever your goal. You can get there if you’re willing to work.”—Oprah Winfrey**

With a habit tracker, you track habits, duh! You can also track recurring tasks that you want to monitor to keep under control. Tracking is usually done monthly, so you get a very clear overview of all your good habits and not so good habits.

Keeping a habit tracker will make you more conscious of your behaviors. You will know exactly what you are doing and, more importantly, what not. The tracker is a tool to transform your goals into habits!

There are a lot of different things you can track in a habit tracker (drinking enough water, exercising every day, going to bed on time, etc.). It's very personal and is different for everyone.

You can use it as a tool to get rid of an addiction (i.e. did not smoke today). It is a great reminder to yourself as to the things you need to do to be successful.

Try it out, list 10 habits you would like to track, things you are doing or would like to do and track each for a month by putting an "X" in the date for each day the habit was successfully completed. Watch your momentum grow as the Xs begin to accumulate.

