Month: _____ · check it off right away, keep a pen by the sheet

Habit tracker

Habit	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	31	Total

Never miss twice. One empty day is an accident. Two is the start of a new habit.

Track actions, not results. "I worked out," not "I lost weight."

Start with 1-3 habits. Eight rows is the maximum, not the goal.

Plan card · fill it in before your first X

My habit system

WHO I WANT TO BE A YEAR FROM NOW (ONE SENTENCE: "I'M SOMEONE WHO...")

Habit 1

I will _____ **at** _____ **in** _____

After I _____ **I will** _____

Two-minute version: _____

What might get in my way, and what I'll do then: _____

Habit 2

I will _____ **at** _____ **in** _____

After I _____ **I will** _____

Two-minute version: _____

What might get in my way, and what I'll do then: _____

Habit 3

I will _____ **at** _____ **in** _____

After I _____ **I will** _____

Two-minute version: _____

What might get in my way, and what I'll do then: _____

You don't have to do a lot every day. You have to show up every day. The rest comes with time.

At the end of the month, write to yourself

A tracker shows how many times you did something. It doesn't show whether it changed anything. At the end of the month, write a few sentences to yourself, and we'll email them back to you, just in time for your next tracker.



You write today

The X's from your tracker and a few sentences of your own.



We seal it

Your letter is encrypted the moment you save it.



It comes back

By email in 1 month, 3 months, 6 months or a year.

> *Start with three sentences: what worked, what was hardest and what I'm changing next month.*

Scan the code with your phone or go to

writetomyself.com

Writing a letter is free. You don't need an account.

Will your goal make it past February?

In 4 minutes, the **Goal setting** guided letter checks whether your goal is clear, whether you know why you want it, and whether you have a plan, time, persistence and support, and you see your first results right away. You'll find it at **writetomyself.com/guided/goal-setting**.