

HABITS & GOALS

Habit Tracker

You don't need motivation for 365 days.

You need a box to check today.

18 PRINTABLE PAGES · US LETTER

THIS TRACKER BELONGS TO

WANT ALL EIGHT IN ONE FILE?

The Ultimate Life Planner 2027 · 132 pages, dated, one PDF

tidynestprintables.com/ultimate-life-planner

How to use this tracker

A habit you track is a habit you keep. Not because the paper is magic — because you stop lying to yourself about how often you actually did it.

1. **Print in US Letter** (8.5×11in), *Actual size* — not *Fit to page*.
2. **Start with ONE habit.** Five habits at once is how people quit in week two.
3. **Make it embarrassingly small.** Ten push-ups, one page, five minutes. Small enough that a bad day still fits.
4. **Never miss twice.** Missing one day is an accident. Missing two is the start of a new habit.
5. **Stack it on something you already do** — the habit stacking page is for that.

Which page should you use? Building something new: the 31-day. Proving to yourself you changed: the 90-day. Watching a whole year: the 365. Want it pretty on the wall: the circular.

Monthly Habit Tracker

Month: _____ Up to 8 habits, all 31 days.

31 Day Challenge

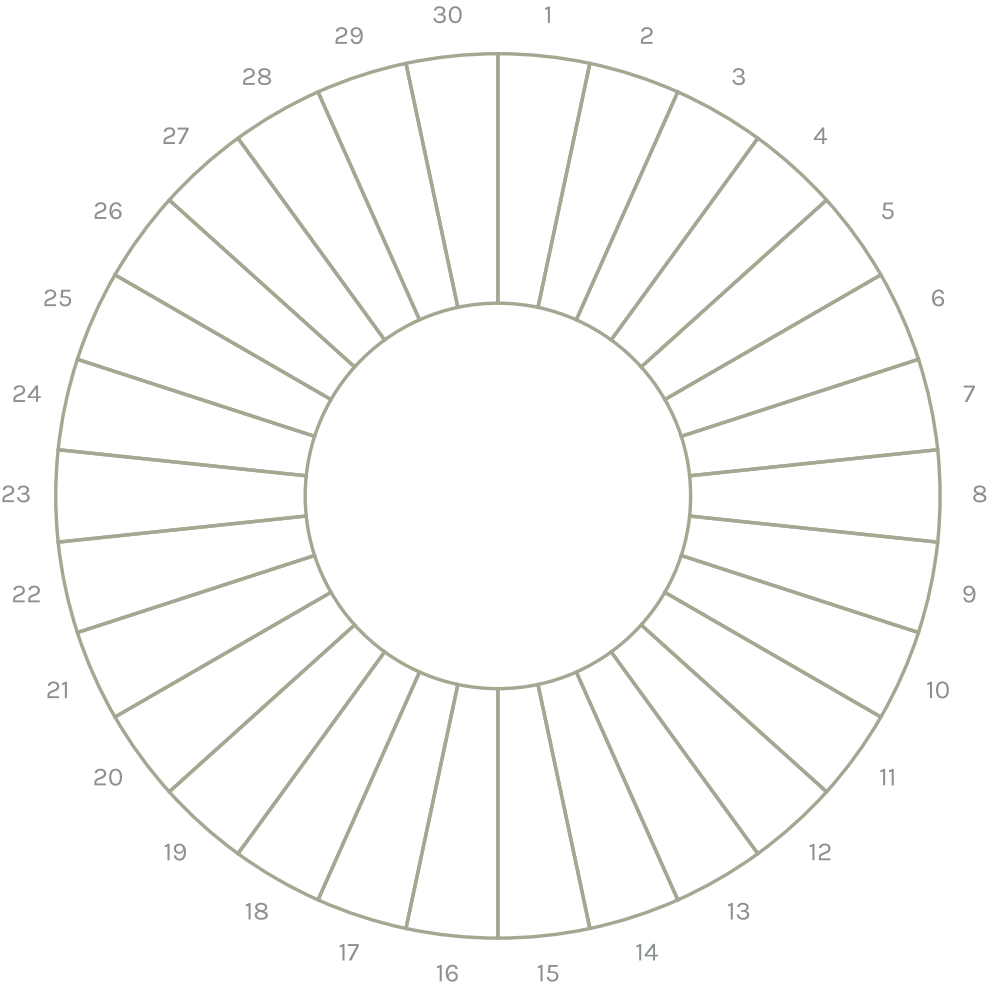
One habit: _____ Started: _____ / _____

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				

WHAT MADE IT EASY – AND WHAT MADE IT HARD

Circular Habit Tracker

Habit: _____ Color one slice a day. Thirty days, one ring.



90 Day Tracker

Habit: _____

Ninety days is where a habit stops being a decision.

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	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90

DAY 30 · DAY 60 · DAY 90 — HOW IT FEELS

365 Day Tracker

Habit: _____ The whole year on one page. Color a square every day you show up.

[illegible]

Weekly Habit Tracker

Week of _____

Morning Routine

The first hour decides the other fifteen.

Evening Routine

Tomorrow morning is built tonight.

Goal Setting Worksheet

A goal without a date is a wish. A goal without a next action is a wish with a date.

THE GOAL, IN ONE SENTENCE

WHY IT MATTERS TO ME

HOW I'LL KNOW I GOT THERE

DEADLINE

WHAT COULD STOP ME — AND WHAT I'LL DO ABOUT IT

Goal Breakdown

Big goal at the top, next action at the bottom. Only the bottom row is actually done today.

GOAL

[illegible]

THIS WEEK'S ACTIONS

[illegible]

Monthly Reset

Thirty minutes at the end of the month that make the next one make sense.

- ☐ Review last month's habits — what stuck?
- ☐ Cancel what I stopped using
- ☐ Check the budget against reality
- ☐ Clear the inbox & the phone
- ☐ Look at the calendar for next month
- ☐ Pick ONE habit to focus on
- ☐ Write down one thing that went well
- ☐ Write down one thing to change

WHAT WORKED — AND WHAT I'M DROPPING

Habit Stacking

Attach the new habit to something you already do without thinking. That's the whole trick.

Mood Tracker

Month: _____ One square a day. Pick your own colors – the pattern is the point.

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				

MY COLOR KEY

Daily Self-Care Tracker

The basics, tracked. Most bad weeks are just several of these missing at once.

Year at a Glance

One line per month. Fill it in as you go and you end the year knowing exactly what changed.

Notes

A large rectangular area filled with a uniform grid of small, light gray dots, intended for handwritten notes.

ONE FILE INSTEAD OF EIGHT

The Ultimate Life Planner 2027

This is one piece of the system. The 2027 edition puts **all eight sections in a single file** — monthly, weekly, money, home, meals, goals, habits and notes — with **53 weeks already dated** instead of blanks to fill in.

132 PAGES · US LETTER PDF · ONE FILE, REPRINT FOREVER

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