

SUCCESS HABIT

tracker

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Introduction

Your habits, both big and small, are the building blocks of your success.

The actions you take every day, consciously or unconsciously, shape your reality. By aligning your habits with your intentions, you ensure that your daily actions support the person you are becoming.

This workbook is all about identifying, building, and tracking the habits that will help you stay aligned with your goals.

Success doesn't happen overnight, but through consistent, small actions, you build the momentum necessary for long-term achievement.

Through the Success Habit Tracker, you will have the tools to keep yourself accountable, track your progress, and make adjustments when needed.

This is your opportunity to create the positive, empowering routines that will carry you through 2025 with clarity and purpose.

BUILDING SUCCESS HABITS

Habits are the cornerstone of personal success.

Our lives are shaped by the actions we repeat daily. Whether you realise it or not, you are already living by a set of habits - some empowering, others limiting.

The good news is that you have the power to change them. By consciously building habits that align with your intentions, you create the structure and discipline needed to achieve lasting success.

Why this activity matters:

Habits are the key to consistency. They are the small, everyday actions that accumulate into significant change.

When you consistently work toward your goals through well-established habits, you build momentum that carries you through difficult times.

Success is not a single event; it's a series of deliberate, consistent actions. The more positive habits you integrate into your life, the more momentum you'll gain.

ACTIVITY 1: DEFINING YOUR SUCCESS HABITS

Think about the habits that will support your growth and success in 2025. Remember, habits are not only about what you do, but also about how you think and how you feel. You may want to develop habits that nourish your body, mind, and soul.

Why this activity matters:

Defining your success habits ensures that the actions you take each day are aligned with your intentions. By creating habits that support your higher goals, you ensure that every day contributes to your long-term success.

Questions to guide you:

1. What habits will help me align with my intentions for 2025?
2. Which habits have helped me in the past, and which ones have held me back?
3. How can I incorporate these habits into my daily routine? What will that look like?

Examples of Success Habits:

- Morning gratitude practice
- Daily meditation or mindfulness practice
- Prioritising health with daily exercise or nutritious meals
- Evening reflection or journaling

ACTIVITY 2: WEEKLY HABIT TRACKER

The habit tracker is a powerful tool to monitor your progress and stay accountable. By tracking your daily habits, you can evaluate what's working and what's not.

Remember, consistency is key. Habits are built over time, so don't be discouraged by setbacks. Every day is a new opportunity to stay on track.

Why this activity matters:

Tracking your habits helps you build awareness around your routines. It creates a tangible measure of success, which builds your confidence and momentum. Plus, it allows you to adjust your habits when necessary. This is an example of what your habit tracker could look like:

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meditation (10 minutes)							
Gratitude Journal							
Exercise (30 minutes)							

At the end of each week, take time to reflect on your progress. Ask yourself:

- Which habits did I consistently practice?
- Which ones were harder to stick with, and why?
- What adjustments can I make to build consistency?

Well done on completing the Success Habit Tracker!

You've now identified the habits that will support your goals, and you have a tool in place to track your progress. Remember, habits are not just about checking off a list - they're about building consistency and cultivating the mindset that aligns with your highest desires.

As you continue on your journey, keep in mind that habits take time to form. If you miss a day or encounter challenges, don't be discouraged.

Progress is built on persistence. Keep your tracker visible and use it as a daily reminder of the habits that support your intentions. The more consistent you are, the more momentum you will build.

The habits you've established today will be the stepping stones for your future success. Stay committed, and watch as your positive actions create the life you desire.



With gratitude and warmth,

Gillian x

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