

# HABIT *tracker*

TRACK YOUR HABITS DAILY TO PROMOTE  
AN INTENTIONAL LIFESTYLE

Intentional Living is a lifestyle choice. If you're choosing to live your life with intention, it means that you're conscious of the choices you make and how they reflect the changes you'd like to see in your life. The purpose of this worksheet is to track small, daily success that will ultimately encourage much more significant achievements in "heavier" areas of life, like your career. Once you've begun to implement this guide into your life, either tracking new habits or ones you've already started, it begins to change your habitual mindset to a much more positive outlook on what you believe you can achieve. Each month, use this worksheet to implement four new habits (relating to mind or body) that you believe will create change in your life. Once chosen, list those top four in the grid followed by either the habits you started last month or habits you've already succeeded in actualizing in your life. The more progress you track, the more achievement you'll begin to see. You can learn more about this topic by visiting *La.Rue* and searching for *Track Your Habits*. I wish you the best of luck in creating change in your life and beginning to live intentionally.

## Four New Habits & Their Purpose:

Mind | Body

**Habit 1:**

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Mind | Body

**Habit 2:**

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Mind | Body

**Habit 3:**

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Mind | Body

**Habit 4:**

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## WEEKLY TRACKER

HABIT	DAY																													
	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		