Habit Tracker for Intentional Living

Create habits that align with your goals and how you want to feel each day. Use this tracker to stay consistent and reflect on your progress.

Step 1: Define Your Intentions

Write down how you want to feel. (e.g., relaxed, confident, happy, inspired)

This week, I want to feel:

Step 2: Choose Your Habits

Select 3-5 habits that support how you want to feel.
Examples:

- Meditate for 5 minutes to feel relaxed.
- Read or listen to something uplifting to feel inspired.
- Exercise for 20 minutes to feel energised.
- Reach out to a friend to feel connected.

My habits for this week:

1.

2.

3.

4.

Step 3: Daily Tracking

Check off your habits each day you complete them. Use the notes section to write any thoughts or feelings.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Notes on how I felt:	
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Step 4: Reflect on the Week

What worked well this week?

What didn't work and why?

What will I adjust for next week?

life by intent