

Better You Within

Weekly Habit Tracker

Small actions become lasting habits when they're noticed consistently—not performed perfectly.

Why This Habit Matters

This habit is important to me because:

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	■	■	■	■	■	■	■
	■	■	■	■	■	■	■
	■	■	■	■	■	■	■
	■	■	■	■	■	■	■
	■	■	■	■	■	■	■

How to Use It

Mark each habit once per day. If you miss a day, leave the box empty and keep going. Gaps are information—not failure.

Weekly Reflection

What habit felt easiest this week?

What made this habit easier—or harder—than I expected?

What would make showing up feel just a little easier next week?

A Gentle Reminder

An imperfect week is still evidence that you showed up.
Notice your patterns with curiosity, not judgment. Consistency grows from returning, not from never missing.