

New Habits and Progress: The 21 Day New Habit Tracker®

If we try to do too much, too fast—either by trying to make too many changes at the same time or by trying to make changes that are too big—we often end up so overwhelmed that we make no changes at all. Break down your big goals into manageable pieces, and implement them over the 21 days it takes to form a new habit. When you slow down to make the changes, and then stop to celebrate the progress, you’ll accomplish much more.

Your name: _____

New habit: _____

Start date: _____

Celebration date (21 days after your start date): _____

Day	Month	Date	Success ✓	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

“Stop to celebrate the progress every day, looking back at all that you’ve accomplished.”

Congratulations! Celebrate your progress!!