

Positive Habit Tracker

Print this simple grid and stick it to your fridge or bathroom mirror. Write in the activity you want to set as a habit. For example if your goal is to “be more helpful around the house” you might track how many times you cook, or clean etc.

For a broad goal like “*spend more quality time with my partner*”, you both might decide to track how many “date nights” you have, or how many “no TV / device” evenings you have together.

Tracking your mindfulness / meditation sessions is a great idea help build your new positive habits. As a bonus – See if you can correlate your new positive habits to your happiness and relationship improvement.

For personal goals, such as writing a book, track how many pages you have written. Get creative and make it fun. Make it repeatable and add in rewards for milestones reached.

	Progress / Achievement										
Activity	1	2	3	4	5	10	20	50	100	Habit	Goal!
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											