

Habit Tracker

Often, all you need for exceptional results is average effort, repeated with awareness, for an above-average amount of time.

○ Show-up (_____) ○○ Min effort (_____) ○○○ Max effort (_____)

3-day show-up challenge

Day 1 ○	Day 2 ○	Day 3 ○
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21-day minimum effort challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	○○	○○	○○	○○	○○	○○	○○
Week 2	○○	○○	○○	○○	○○	○○	○○
Week 3	○○	○○	○○	○○	○○	○○	○○

48-day maximum effort challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 2	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 3	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 4	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 5	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 6	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Week 7	○○○	○○○	○○○	○○○	○○○	○○○	Woohoo!

Practical guidelines for developing new habits

Step 1: Pick **one habit** at a time, in line with the identity you want to build.

Step 2: Why do you want to develop this habit? A strong **‘why’** searches for ‘how’ in any situation.

Step 3: Visualize the process and make a **sankalpa** (promise) to stick to the habit every night.

Step 4: Find a **two-minute easy version** of the habit. For any long-term habit, establishing a minimum routine is important since standardization must happen before optimization. For example, reading 2 pages consistently is always better than doing 10 inconsistently in the developing stages of a habit.

Step 5: Remove all the resistance to create an environment that is conducive for the habit to continue. For example, if you want to start a reading habit, keep the book visible, next to your chosen reading spot.

Step 6: Insert it in your daily routine **after an already established habit** like taking a shower, brushing your teeth, etc.

Tip: For the first few days, set an alarm up at the chosen time.

Step 7: Track it every day with an accountability partner/friend or on a tracker; make it public.

Step 8: Improve the quality of your performance in the selected habit each passing day. How many new words did you learn today? Did you learn a new way to express your ideas?

Step 9: Once your new *habit becomes automatic*, choose the next habit.

Group exercise goal Developing a reading habit

Why do you want to develop this goal? _____

Your favorite reading nook (Next to my bookshelf) _____

Your chosen reading time (8pm, after dinner) _____

● Show-up (**2 pages⁺**)

●● Min effort (**5 pages⁺⁺**)

●●● Max effort (**10 pages or more⁺⁺⁺**)

“Nearly everything awesome takes longer than you think. Get started and forget the clock.”