

7-DAY CHALLENGE *tracker*

Choose a habit you want to repeat for 7 DAYS.
Draw a ★ over each day you stick to your habit.
Get a streak going, but you don't have to be perfect.

CHECKLIST on choosing a 7-Day Challenge:

- Focus on a habit that is SMALL & SPECIFIC.
- Make it FUN: Choose something you "want" to do, not something you think you "should."
- Choose a healthy habit to ADD or SWAP into your life instead of writing down the bad habit you want to get rid of. This is behavior change based on positive psychology, and it works!

My 7-Day Challenge

The habit I want to repeat for 7 days is:

1
day

2
day

3
day

4
day

5
day

6
day

7
day

IF YOU DID YOUR HABIT 6 or 7 DAYS...

CONGRATULATIONS! You got yourself a **POWER STREAK!** ★

Do the same habit next week to keep your STREAK going OR choose a NEW 7-Day Challenge.

IF YOU DID YOUR HABIT 4 or 5 DAYS...

NICE WORK! You got yourself a **MINI-STREAK.**

Do the same habit next week to keep your STREAK going.

IF YOU DID YOUR HABIT 3 DAYS or LESS...

IT'S TIME TO REFLECT.

Step 1: Forgive yourself. It's no biggie.

Step 2: Be curious about what went wrong without judging yourself. Use facts, not emotion.

Step 3: Write down ideas that may help you be more successful. Choose 1 to "test" next week.

Pro-tip: Review the CHECKLIST above for guidelines on choosing a 7-Day Challenge.

Reflections