

# Daily Habit Tracker

In truth, it takes roughly two months to form a habit.

Starting small and building change over time is the most effective way to establish habits that stick and to build up your personal integrity. Focus on just one area and one daily habit at a time so as not to get overwhelmed, distracted, or discouraged.

## Instructions

Using the daily tracker, pick one area of focus for your life and one daily habit / lifestyle practice and write them at the top spot.

There are two rows of 60 checkboxes underneath that spot. The top row is for you to check off each day that you do your daily habit. The 2nd row is for you to put the date of the month to keep track of where you are.

Spend the first 60 days focusing on just one new lifestyle practice. Then, once it's become a part of your everyday life, add the 2nd lifestyle practice (without quitting the first one).

Now focus on doing the second habit for two months. Then, just like the first habit, once the second one has also become a part of your everyday life, add the third lifestyle practice (without quitting the first or second ones).

This tracker will take you a full year to complete. This small, simple, and steady approach is a way to establish a new standard of living that will take root and which will put you on track for the rest of your life.

Using the trajectory you set for yourself during the Focus Course, and this habit tracker, you'll have completely changed your life in one year from now.

This is your opportunity change your life by applying wisdom to your action and behavior.

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