



# HABIT TRACKERS

Use this simple tracker to gently build habits that support your season. **There's no pressure to be perfect.** Choose your focus, start where you are, and remember, slow progress is still progress!

## **Just notice:**

- **what helps you feel more grounded**
- **more rested**
- **more like yourself**

Track progress with curiosity, not judgment, and celebrate every small step.

You can use these pages for anything: rest, routines, boundaries, movement, reading, or anything else you're working on.



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♡ - April

[ This is your way to give yourself gold stars—for showing up, for trying, for continuing on your own terms. You've earned them! ]

# Habit Tracker

This is your space to notice progress.  
Track what matters to you.

Week 1

Sun Mon Tue Wed Thu Fri Sat

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*Show up gently. You're doing great.*

Week 2

Sun Mon Tue Wed Thu Fri Sat

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*Celebrate consistency, not perfection.*

Week 3

Sun Mon Tue Wed Thu Fri Sat

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*Every gold star counts!*

# Habit Tracker



This is for you—no one else.  
Track habits that support your season.



Month: \_\_\_\_\_

Week: \_\_\_\_\_

HABITS	SUN	MON	TUE	WED	THU	FRI	SAT
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Start small. Stay kind. Celebrate the wins.



*You are worth the effort!*

## Focus

[illegible]

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You're building something beautiful.