

HABIT TRACKER



1. Personalise - Remember your goals and the type of person you need to be to achieve those goals. Make your habits part of your identity and consistently remind yourself why you are changing your habits.

2. Plan - Keep it simple and easy. Consistent repetition is key. Make your planned behaviour clear and specific. What you will do. When you will do it. Where you will do it. Build good keystone habits and utilise habit stacking and temptation bundling.

3. Process - Prime your environment to maximise your success. Make good habits easy and bad habits difficult. Use if/then strategies when you hit obstacles. Don't fail twice in a row and don't give up if you fail. Don't break the chain of tracking your performance consistently, regardless of success.

4. Progress - Learn what works for you and what doesn't. Adjust where necessary. Invest the time and effort to make the behaviour a habit and then aim to upgrade and improve your habit.

What do you want to achieve? What are your goals?

E.g. "lose 5kg", "stop smoking", "spend more time quality time with my family"

What personal identity do you need to embed to achieve these goals?

E.g. "I am a person who exercises daily", "I am a non-smoker", "I am a person who always prioritises my family"

	Week 1							Week 2							Week 3							Week 4							
Date																													
Weekday																													

Habits / Behaviours - What? Where? When?	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28

For full access to the "Habit Hero" program, you will need to register on the MindRazr platform at <https://portal.mindrizr.com> or search "MindRazr" in the App stores.

If you need assistance with registration, enterprise access codes or resetting your password, please contact support@mindrazr.com