

Mini Habit Tracker

**Build Positive Habits &
Achieve Long-Term Success**

v1.0 – March 2025



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Welcome to your Mini Habit Tracker!



- This tool is designed to help you develop small, consistent habits that lead to meaningful change. By tracking your daily progress, you can stay motivated, accountable, and aware of your growth journey.



Building habits doesn't have to be overwhelming. Start small, stay consistent, and watch your progress unfold.

**“We are what we repeatedly do.
Excellence, then, is not an act, but a
habit.”**

— Aristotle

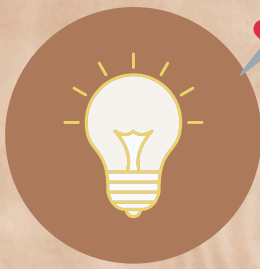


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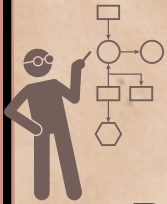
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Tips for Using the Mini Habit Tracker:

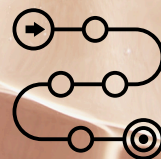


1. Start Small & Simple:

- Begin with just one or two habits to focus on.
- Examples: Drinking more water, journaling daily, taking a mindful walk.

“Small daily improvements are the key to staggering long-term results.”

— Robin Sharma



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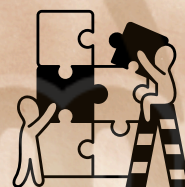


2.Track Daily:

- Mark your progress each day you complete a habit. Visual proof of your consistency will boost your motivation.

“Motivation is what gets you started. Habit is what keeps you going.”

— Jim Ryun



3.Review & Adjust:

- At the end of each week, reflect on your progress. Adjust your habits as needed for better results.

“Progress is impossible without change.”

— George Bernard Shaw



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4. Celebrate Small Wins:

- Acknowledge your achievements, no matter how small. Celebrate progress, not perfection.

“What you get by achieving your goals is not as important as what you become by achieving your goals.”

— Zig Ziglar



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the Mini Habit Tracker:



No	Activities	M	T	W	T	F	S	S
1	— Get 7-8 hours of sleep							
2	💧 Drink 8 glasses of water							
3	🏃 / 🏊 Exercise for 30 minutes							
4	🥗 Eat a balanced meal							
7	🌳 Spend time in nature							
8	📖 Journal your thoughts							
9	📖 Read for 20 minutes							
10	😊 Connect with a loved one							
11	🧘 short meditation							
14	💡 learn something new							
17	📵 Take a break from screens for an hour or more							
19	🌸 Spend time doing something you love							



“Progress is progress, no matter how small.”

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We would love to hear



- **how this tracker supports your journey.**
Share your experience at
www.mibosma.com/contact or tag us
on social media @mibosma.

**“Feedback is the breakfast of
champions.”**
— Ken Blanchard



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Explore More Tools :



- Self-Discovery Journal – Deepen your understanding of yourself.
- Gratitude Prompts – Cultivate daily appreciation and positivity.
- 30-Day Personal Growth Challenge – Build momentum and consistency.
- Weekly Reflection Sheet – Reflect, learn, and grow each week.

Visit:

**www.mibosma.com/tools to
access all your free
resources!**



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Final

Encouragement Page:



Remember,

- habits are built one step at a time.
- Celebrate your progress and keep moving forward. You are capable of great things!



You are capable of great things!



**Explore more free tools
and resources at:**

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