

Name \_\_\_\_\_

Month \_\_\_\_\_

# JUST SHOW UP HABIT TRACKER

WE ARE  
WHAT WE  
REPEATEDLY DO.  
EXCELLENCE,  
THEN, IS NOT  
AN ACT, BUT  
A HABIT.

*Christelle*

Your Tiny Habit	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Habit							
When will I do it?							
What is my minimum and goal amount?							



- Place a check on every day that you perform your tiny habit.
- Remember to make your tiny habit SO SMALL that you cannot fail.
- Attach your tiny habit to an existing habit.

When (or after) I \_\_\_\_\_, I will \_\_\_\_\_

- Doing 1 push-up counts, meditating for one minute counts, **JUST SHOWING UP COUNTS!** Put in your check
- Establish a minimum and goal amount for your tiny habit.  
For example, Minimum – 1 push-up and Goal – 20 push-ups
- CELEBRATE** your tiny habit. **HURRAY** for your tiny step! #ThatsLikeYou
- The journey of a thousand miles begins with one step.
- Don't break the streak! Try not to miss two days in a row.

Once you have succeeded in performing your tiny habit for 30 days, add another

*"It doesn't matter where you start.  
Only that you begin."*

Robin Sharma

