



TRACKING SHEETS



Use the tracking sheets provided below to track your commitment and success.

The first sheet enables you to track that you have kept your commitment to stick to what you want to achieve for at least 30 days (ideally consecutive)

The following tracking sheet uses ratings. It can be used either to measure your progress with a score or if your goal is more abstract (e.g. you can't clearly say yes I have done it or not) then you can use a score to track to what extent you have focused on your commitment during those 30 days.

TRACKING SHEET



I want to achieve: _____

And I commit to having the discipline to stick to it for at least 30 days

Because I know it will bring me: _____

- Every day, I will:
- Celebrate my small wins (and reward myself)
 - Be mindful of the benefits it is giving me
 - Visualise my end goal and the benefits awaiting me
 - Keep the discipline and focus on the rational benefits at first

Start date: _____ End date: _____

TRACK YOUR COMMITMENT

For the next 30 days, cross the box out for each day that you have committed to your goal and "did" what you set out to do

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	29	30

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Start date: _____ End date: _____

TRACK YOUR COMMITMENT / SUCCESS

if you are focusing on a habit that is less concrete than "do yoga everyday", score yourself on how well you did as opposed to whether you did it or not

