

# Character & Virtue

## Habit Tracker Worksheet

### New Habit Tracker

This worksheet will help you keep track of your habits. Stick it in your calendar/planner and keep track. Good luck!

Check off each day you complete your habit. Remember to keep it going for 21 straight days. If you miss one, start over.

New Habit \_\_\_\_\_

O O

New Habit \_\_\_\_\_

O O

New Habit \_\_\_\_\_

O O

**“If you do not  
conquer self,  
you will be  
conquered by  
self.”**

**Napoleon Hill**

### NEW HABITS I WANT TO PRACTICE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Good Reads:

-7 Habits of Highly Effective People by Stephen Covey

The 4-Hour Workweek by Tim Ferris

Leading An Inspired Life by Jim Rohn

### \*List 3 benefits of your new habits.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_