Habits Tracker



How To Build Healthy Habits



Meditation For Healthy Habits

Tracking your habits is an important part of caring for your mental health and practicing mindfulness. Sometimes, it can be hard to notice the small, daily choices that shape how we feel and function. When we pay attention to our habits, we become more aware of what supports our well-being and what might be getting in the way.

This worksheet helps you keep track of your habits over time, so you can spot patterns, celebrate progress, and make gentle adjustments when needed. By bringing awareness to your routines, you'll build a stronger foundation for a healthy, balanced life-one day at a time.

