

BEOP

BE EXCELLENT ON PURPOSE
& EMBRACE EACH DAY WITH

joy & gratitude!

Bring It On!

BRICKIE TIP #7: Habit Tracker

By now you've made a pinkie promise to yourself. You might want a visual reminder, too!

While we're at it, you are what you repeatedly do, so choose your habits wisely! Let's make them fabulous!

Use this habit tracker to help your self build good habits and reach your goals. "Practice Gratitude" is already added for you so you can color your way to thirty-one days of more joy!

WHAT OTHER HABITS DO YOU WANT TO ADD/KEEP?

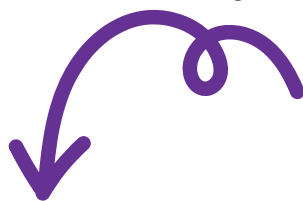
- . **NOURISHMENT: CHOW DOWN ON A BALANCED DIET FILLED WITH YUMMY FRUITS, VEGGIES, WHOLE GRAINS, LEAN PROTEIN, AND HEALTHY FATS.**
- . **WATER: GUZZLE THAT AGUA LIKE IT'S GOING OUT OF STYLE! STAY HYDRATED, BABY!**
- . **EXERCISE: MOVE THAT BODY!**
- . **SLEEP: CATCH SOME ZZZZ'S AND GIVE YOUR BODY THE REST IT NEEDS TO TAKE ON THE DAY.**
- . **MEDITATE: TAKE SOME TIME TO FOCUS AND GET CENTERED. YOUR MIND WILL THANK YOU FOR IT.**

*FOCUS ON
your good
HABITS*

COLOR A SQUARE FOR EACH DAY YOU NAILED IT!

What other habits do you want to track?

List them here.



Practice Gratitude

The grid is a circular chart with 31 numbered days around the perimeter, from 1 to 31. It consists of concentric rings forming a grid of squares. The center of the grid features a yellow cloud with the text "Be Kind to yourself" in a stylized font, surrounded by purple flowers. The text "Practice Gratitude" is written above the grid, with a purple arrow pointing from the text "List them here." to the grid.

"You'll never change your life until you change something that you do daily. The secret of your success is found in your daily routine."

JOHN C. MAXWELL