## My Tiny Habits Tracker

## Small steps. Big change. One day at a time.

"You don't have to do it all. You just have to do one small thing—and keep showing up."

Step 1: Choose Your Tiny Habit	
Pick <b>one</b> healing habit you'd like to build thi	is week.
Make it ridiculously doable. So small it feels	s almost silly not to do.
Example:	
🔽 1 sentence in a journal	
🔽 1 deep breath before a task	
1 glass of water in the morning	
1 minute of mindful movement	
✓ 1 kind phrase to yourself when a craving	g hits
My Tiny Habit:	
👉 _"I will	
👉 _"I'll do this after I	" (link it to an existing habit, like brushing
teeth or turning off your alarm)	
Track It For 7 Days	
Day Did it? V Notes / How It Felt	
Day 1 □	
Day 2 □	
Day 3 □	
Day 4 □	
Day 5 □	
Day 6 □	
Day 7 □	

Reflect
What helped you stick with it?
What got in the way (if anything)?
How did this habit impact your day or your mindset?
What's one thing you learned about yourself this week?
∠ Write your reflection here:
Remember: You don't have to go big to go far.

Consistency creates the momentum that keeps you moving forward.