

self care habit tracker

The habit tracker is a semi-circular grid with 31 days and 11 categories. The days are numbered 1 through 31, and the categories are numbered 1 through 11. The grid is divided into 31 days and 11 categories. The days are numbered 1 through 31, and the categories are numbered 1 through 11. The grid is divided into 31 days and 11 categories.

Day	1	2	3	4	5	6	7	8	9	10	11
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											
31											



Things that are working:

Things I want to change:

People to connect with:

Things to let go of:

Parenting focuses:

Ways to serve others:

One way I can improve this month is: