



Habit Audit Journal

Your habits create the foundation for your daily energy, productivity, and mindset. Some habits move you closer to your goals - others hold you back. This journal will help you take inventory of your current habits, evaluate what's working, and identify where change is needed.

1. Current Habit Inventory

List your daily or weekly habits. These could be routines, behaviors, thought patterns, or choices you make regularly.

2. Helpful or Harmful?

Next to each habit, label it as either:

- (+) Supportive: Moves me toward my goals
- (-) Draining: Distracts or drains me
- (?) Neutral: Not sure

Which habits are helping you the most right now?

Which habits are getting in the way?

3. Upgrade One Habit

Choose one habit you'd like to upgrade. Describe the current habit and your desired replacement.

Current Habit:

New Habit:

4. Anchor and Accountability

What cue or time will remind you to practice this habit?

Who or what will help you stay accountable?
