

## WRITING HABIT TRACKER

Use this habit tracker to focus on small, meaningful actions you can take each day, week, or month that build your confidence and craft as a writer. Decide what actions or habits you want to track. Write them below (i.e. I write for 30 minutes, three days a week). Each day that you engage in that activity, color in the box. If you didn't, leave it blank.

Release yourself from having to do this perfectly. Instead, notice when you do and you don't. Reflect on how this makes you feel in your mind, body, and spirit. At the end of the month, notice patterns to where you placed your attention? or didn't? Record what you notice in your journal.

The habit tracker is a circular grid with 31 radial segments, each representing a day of the month. The segments are numbered 1 through 31 around the perimeter. Each segment is divided into 5 concentric rings, representing different actions or habits. There are five horizontal lines extending from the left side of the grid, intended for writing the specific actions to be tracked.

Share your insights with me or ask questions at [kim@openroads.life](mailto:kim@openroads.life)