

WEEKLY



*HABIT
TRACKER*

WEEKLY HABIT TRACKER

Morning Routine

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WEEKLY HABIT TRACKER

Evenng Routine

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10 Powerful Mindset Tips for Daily Success

- **Start with Intention**

Each morning, ask: “What energy do I want to bring today?”

- **Progress Over Perfection**

Small, consistent steps beat occasional big leaps. Focus on forward motion.

- **Talk to Yourself, Not Just Listen**

Replace self-doubt with affirmations. “I am capable. I can handle this.”

- **Curate Your Environment**

Surround yourself with people, content, and spaces that reflect the mindset you want.

- **Turn Failures Into Feedback**

Mistakes are lessons in disguise. Extract the growth, not the guilt.



- **Visualize Your Best Self**

Spend one minute daily imagining the version of you who already achieved your goals.

- **Gratitude Resets the Mind**

List 3 things you're grateful for— instant mindset shift.

- **Protect Your Mental Energy**

Say no to things that drain you. You don't need to earn rest.

- **Reframe the Hard Stuff**

Instead of “I have to,” say “I get to.” Language rewires perspective.

- **Celebrate Micro-Wins**

Don't wait for the big breakthrough. Every habit checked off is proof you're becoming unstoppable.

