

Faithful HABITS TRACKER

Small Steps. Consistent Faith. Lasting Growth.

Dear Diaries & Co.

Faithful Habits Tracker Instructions

Why This Tracker Exists:

Building faith-driven habits is the secret sauce to lasting growth. Without intentionality, days blur together, and before you know it, those little things that make a big difference—like prayer, gratitude, or simply pausing to reflect—get lost in the chaos. This tracker helps you stay focused on what matters, making your spiritual journey steady and intentional.

Why 5 Habits?

Five habits keep things balanced. It's enough to stretch you without overwhelming you. Plus, when you focus on five key areas, you're more likely to stay consistent and actually enjoy the process. It's about meaningful progress, not overloading yourself with a never-ending checklist.

How to Use the Tracker:

1. Pick Your 5 Habits:

- Choose five habits that will strengthen your relationship with God and keep you grounded. Think morning prayer, daily scripture reading, journaling, or even reaching out to someone in encouragement. Make them meaningful to you—this is your tracker, after all.

2. Track Daily:

- At the end of each day, mark off the habits you completed. Don't worry if you miss a day—this isn't a test, and you don't need a gold star. The goal is progress, not perfection.

3. Reflect Weekly:

At the end of the week, take a few moments to reflect:

- What worked well?
- Which habit made the biggest impact on your week?
- What can you tweak or improve for next week?

Final Thought:

This tracker is here to keep you moving forward, one habit at a time. Five small actions done consistently can change your heart, your mindset, and even your future. So, grab your pen and start tracking—it's your journey, and you're worth the effort.

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HABIT 3: _____

HABIT 4: _____

HABIT 5: _____

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How consistent was I this week?

Which habit made the biggest impact?

What can I do differently next week?

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Small steps lead to the lasting growth we find in the **BRICK community**.
Track your wins in our '**I AM SAFE**' **Journal** and never build alone again!

[SHOP THE JOURNAL] | [JOIN BRICK]

Scan Me



