Habits Scorecard

List the day as it actually happens, then score each line against who you want to become

Write every habit of an ordinary day in the order it happens, from waking to sleeping.
Then mark each one: + it moves you toward that person - it moves you away = neither.
Nothing to fix yet. The point of the sheet is to see the list, not to shorten it.

	HABIT, IN THE ORDER IT HAPPENS	+	-	=
01		☐	☐	☐
02		☐	☐	☐
03		☐	☐	☐
04		☐	☐	☐
05		☐	☐	☐
06		☐	☐	☐
07		☐	☐	☐
08		☐	☐	☐
09		☐	☐	☐
10		☐	☐	☐
11		☐	☐	☐
12		☐	☐	☐
13		☐	☐	☐
14		☐	☐	☐
15		☐	☐	☐
16		☐	☐	☐
17		☐	☐	☐
18		☐	☐	☐
19		☐	☐	☐
20		☐	☐	☐
21		☐	☐	☐
22		☐	☐	☐
23		☐	☐	☐
24		☐	☐	☐
25		☐	☐	☐
26		☐	☐	☐

The scorecard exercise is from Atomic Habits by James Clear (Avery, 2018). Sheet and wording ours.
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stellarhabit.com/blog/atomic-habits-cheat-sheet