

TOOL 1

Joy Tracker

One bubble a day. Color it in for how much joy the day held.

No journaling. No streaks to break. Just notice the day, shade the bubble, move on.

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
 Day 8	 Day 9	 Day 10	 Day 11	 Day 12	 Day 13	 Day 14
 Day 15	 Day 16	 Day 17	 Day 18	 Day 19	 Day 20	 Day 21
 Day 22	 Day 23	 Day 24	 Day 25	 Day 26	 Day 27	 Day 28
 Day 29	 Day 30	 Day 31				

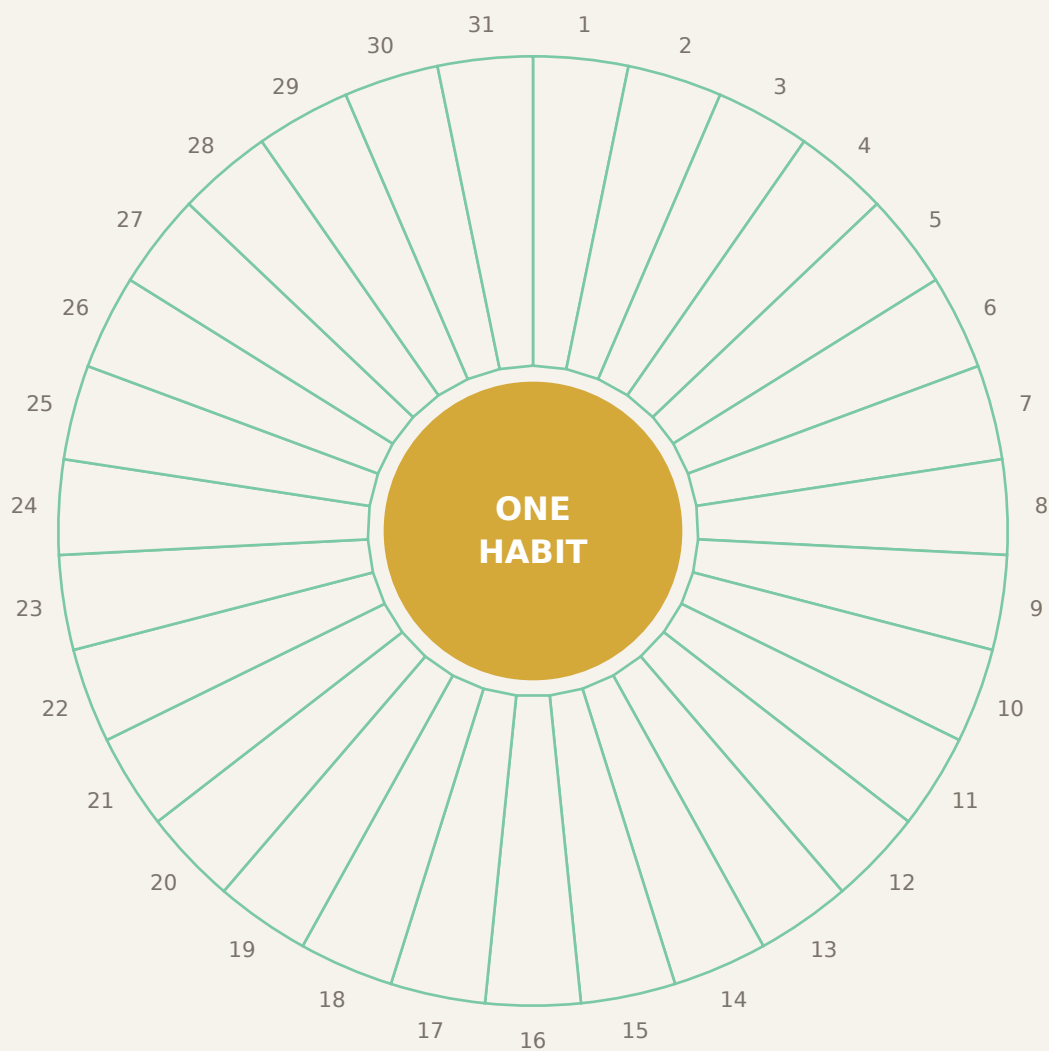
Legend

- Empty = a hard day, and that's allowed
- Half = something small was good
- Full = joy showed up, name it on the line

Habit Tracker — Flower

Pick one habit. Color one petal each day you do it.

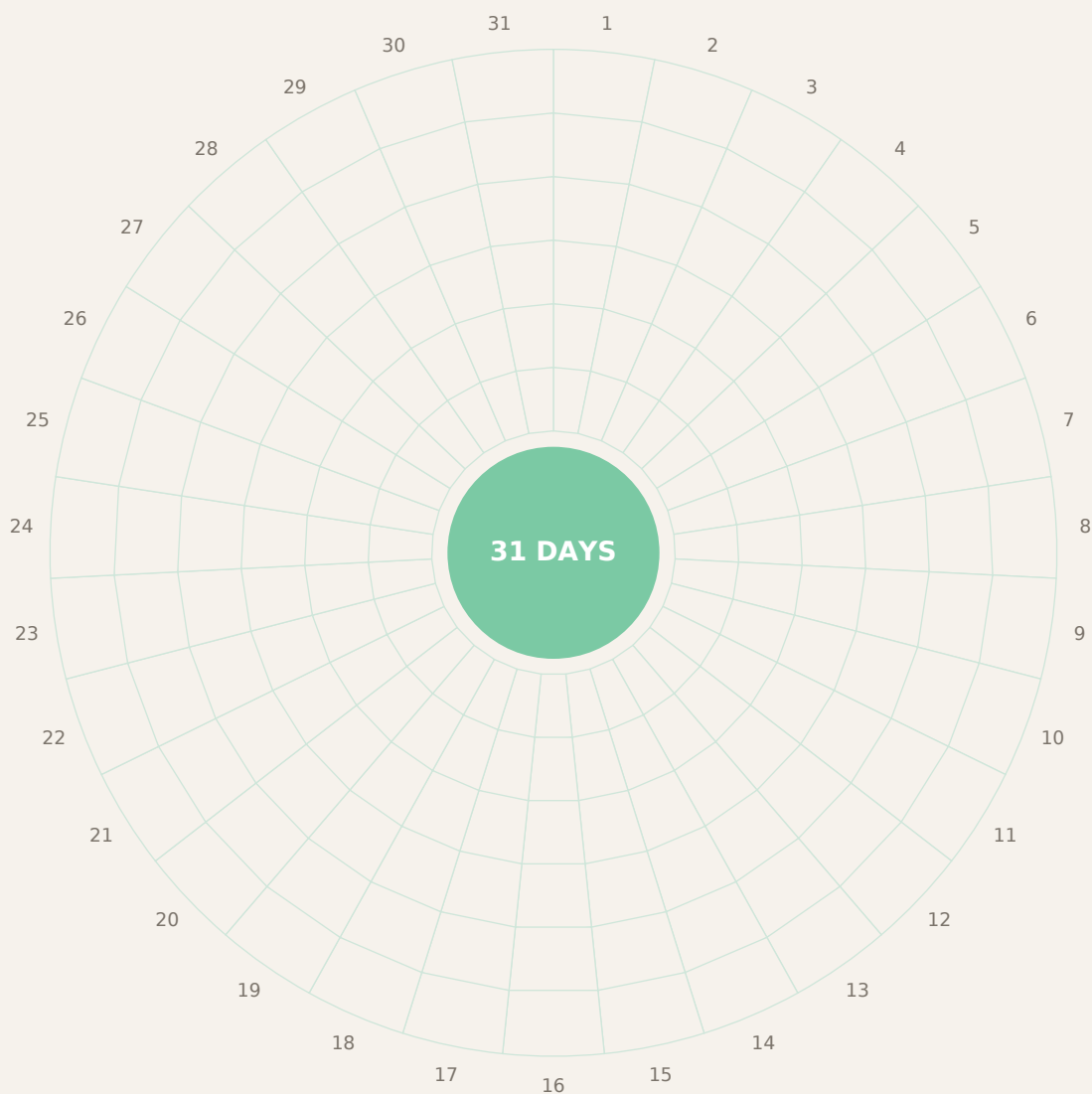
My habit this month: _____



Habit Tracker — Wheel

Up to 6 habits, 31 days. Shade a ring segment each day.

List your habits, then shade the matching ring for every day you follow through.



My habits

Ring 1 _____

Ring 2 _____

Ring 3 _____

Ring 4 _____

Ring 5 _____

Ring 6 _____

TOOL 4

Ideal Weekly Plan

Block the week you want before the week blocks you.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6a							
8a							
10a							
12p							
2p							
4p							
6p							
8p							

Non-negotiables this week

Before anything else gets a block, place these:

- ☐ Movement
- ☐ Sleep window

- ☐ Real meals
- ☐ Something just for joy

Weekly Priorities

Top 3 that matter. Everything else gets delegated or dropped.

My top 3 this week

1

2

3

Delegate or delete

Task on the left. Who it goes to — or a big honest X — on the right.

TASK

WHO / DROP

One kind reminder

Self-care isn't the reward for finishing the list. It's what makes the list possible.

Miss a day? Color tomorrow. The tracker isn't a test.