

Goal Tracker & Habit Builder

Title: *From Intention to Action: Your 30-Day Goal & Habit Blueprint*

Format: Printable or Fillable PDF (2–4 pages)

Introduction

Goals give you direction. Habits get you there.

This tool is designed to help you stay consistent, focused, and accountable—one simple step at a time. Whether you're building a business, growing spiritually, improving your health, or becoming more disciplined in daily life, this tracker will support your journey.

"Discipline is the bridge between who you are and who you're becoming."

— Alfred Esene

Section 1: Define Your Focus

Step 1: What is your top goal for the next 30 days?

Example: "I want to wake up by 6:00 AM and journal each morning."

Write it here:

Section 2: Break It Down

Why is this goal important to you?

What 1–2 habits will help you achieve it?

1.

2.

What obstacles might get in the way?

What will you do when motivation is low?

Section 3: Daily Habit Tracker (30 Days)

Day	Habit 1 ✓	Habit 2 ✓	Notes
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1

2

3

...

30

Mark each day you complete your habits. Use the notes column to celebrate wins or reflect on challenges.

Section 4: Weekly Reflection (Optional)

- What did I do well this week?

- What got in the way?

- What can I adjust or try differently next week?

- One word to describe my mindset this week:

Completion Reflection

At the end of 30 days, take time to reflect:

- What changed in you?
- What momentum did you build?
- What habits do you want to keep going?

“You win when you show up. Every small step matters. Keep becoming.”

— From the WMIH Team