

Self-Awareness Habit Tracker

Week of _____

Practices	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes / Reflection
1. Identify your strengths and weaknesses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	What are your key strengths today? Weaknesses?
2. Recognize emotional triggers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	What triggered your strongest emotions today?
3. Reflect on your core values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	How did your actions align with your values?
4. Practice mindfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Did you take time to be mindful today?
5. Seek feedback from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	What feedback did you receive? How did you apply it?
6. Reflect at the end of the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	What did you learn from today's actions and thoughts?

Daily Reflection Questions:

1. What did I learn about myself today?
2. How did I handle my emotions today?
3. What can I do differently tomorrow to stay true to myself?