

— DAILY HABIT TRACKER —

If you're like me, you love to see progress. Use this habit tracker to check off the completion of your mindfulness practice each day for the duration of the six-week guide.

Use check marks, smiley faces, hearts, colored pencils or baby elephant stickers. (Or, if habit tracking isn't your thing, use this page as a canvas for a doodling masterpiece ... or new math practice.) Whatever works for you.

Pro tip: You may want to print out this page for quick reference. Your cranial pleasure centers will thank you for it!

Daily Habit Tracker

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



Share the love! Post your completed habit tracker (or doodling masterpiece) on social media and tag **@theaimeemorgan** **#TCAWorkbook**

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