

Daily Habits Tracker

Track the Disciplines That Form a Life

Good Soil Discipleship

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

30 days to see if it works. 90 days to see if it sticks.
© 2024 Good Soil Discipleship

Why Habits Matter

You don't rise to the level of your goals. You fall to the level of your systems. Your habits are your system.

Research from Stanford, MIT, and Duke shows that 40-50% of what we do daily is habitual. We don't think about it. We just do it. That means your habits are literally building your life, your character, your relationships, and your future.

The Six Disciplines

Word (Scripture): Receiving God's truth. When you read Scripture daily, you're letting God's perspective reshape your thinking. This is spiritual formation at the foundation.

Prayer (Conversation with God): Speaking honestly with God. Not performing. Not trying to sound spiritual. Just real conversation. This is where transformation happens.

Presence (Undivided Attention): Being fully with people. Your family, your friends, your neighbors. No phone. No distraction. This is love made visible.

Health (Care for Your Body): Exercise, nutrition, sleep. Your physical body and spiritual life are not separate. How you care for your health reflects your theology.

Rest (Sabbath Rhythms): Protecting sleep and rest. The culture will demand 24/7. Resist. Your body and soul need rest. This isn't laziness. It's obedience.

Witness (Encourage Others): Discipling and mentoring. Sharing what God is teaching you. Living your faith visibly so others see Jesus in you.

How to Use This Tracker

1. Check Daily

At the end of each day (ideally evening), check the box if you did the discipline that day. Yes or no. Simple.

2. Aim for 80%

You don't need perfection. Aim for 80% (5-6 days per week). Missing a day is normal. Missing a week is a red flag. When you miss, just start again tomorrow. Grace is real.

3. Review Weekly

At the end of each week (Sunday night is ideal), look at your tracker. Which disciplines are strong? Which are weak? Why? Write it down.

4. Add Custom Habits

Below the six core disciplines, there's space for 2-3 custom habits YOU want to track. Maybe it's journaling. Maybe it's serving. Maybe a specific fitness goal. Track what matters to you.

The Science Behind This

BJ Fogg (Stanford) research shows habits form through: Trigger → Behavior → Reward. Your tracker IS the reward. Checking that box triggers dopamine—the same chemical released when you achieve something. This matters.

JANUARY

Day	Word	Prayer	Present	Health	Rest	Witness	Custom 1	Custom 2
1								
2								
3								
4								
5								
6								
7								

Week 1 Reflection

Which disciplines came naturally? _____

Which ones were challenging? _____

What's one thing I'll adjust this week? _____

Day	Word	Prayer	Present	Health	Rest	Witness	Custom 1	Custom 2
8								
9								
10								
11								
12								
13								
14								

Week 2 Reflection

Progress I'm noticing: _____

Where I'm struggling: _____

One practice I want to deepen: _____

When You Get Stuck

"I missed 3 days. Should I give up?"

No. Just restart tomorrow. The goal isn't perfection. It's consistency. Missing days happens. Returning matters.

"One discipline keeps slipping."

This is normal. Some habits are harder than others. Make it easier. If prayer is hard, pray while walking. If health is hard, start with 5 minutes, not 30. Reduce friction.

"I don't feel different yet."

You're only 2-3 weeks in. Habits take time. 21 days for the brain to register. 90 days for real transformation. Stay consistent.

"I have no idea what my 'Custom' habits should be."

Think: What do I want to become? Healthier? More generous? A better parent? Pick one behavior that supports that. Track it.

Your Greatest Barrier & How to Beat It

Barrier: _____

One specific way to overcome it: _____

You're Building a Life

This tracker is simple. Six boxes to check. But what you're actually doing is profound. You're not just forming habits. You're forming a life.

Every day you choose Word, Prayer, Presence, Health, Rest, and Witness, you're becoming more like Jesus. Not overnight. Not dramatically. But day by day. Habit by habit.

That's how transformation works. Not through willpower. Through systems. Through the tracker you're holding in your hands.

Grace and peace,

*Junior Saint-Val
Good Soil Discipleship*