



# Atomic Habits Goal Planner

10 Week Journal of your Habits Journey

# Preface

Welcome to the habit tracker journal. Inspired by James Clear's book *Atomic Habits*, I have created this journal to help you with all your goal tracking needs! This journal tracks 10 weeks, which hopefully should be enough for you to cement your habit into your daily routine.

The first thing you will see in the journal is the habit contract. The habit contract is where you will put down in writing what you hope to accomplish with your habit, and make yourself a writer promise to yourself. But don't worry, you don't only have to depend on yourself. For the habit tracker, you will also need an accountability partner. Your accountability partner will be the person you report to, to help you stay on track, and make your work seem a little bit more important, when someone else is counting on you to complete your habit.

Also, in the habit contract, you have to make yourself a consequence for not completing the habit. The consequence should be something severe enough that, along with the feeling of not completing your habit, you will also have a punishment. Your accountability partner

will help you enforce this consequence, and keep you true to your plan. The consequence could be something like not watching TV, or paying your accountability partner \$1 each time you fail to complete your habit.

There are two ways for you to track your habit in this book. The first tracker is the 10 week long tracker, where each day you complete your goal you can mark it down with a different colour for each of the 10 weeks. Through this, you can see visually your journey, and where you maybe fell off the bandwagon, but jumped right back on again. Cause one day of failure doesn't make your journey end. Its how you get back up again that really matters. The 10 week planner also lets you rank each week with an emoji, colouring in the emoji that best represents that week.

The second way this book can help you track your journey is the weekly page spread. In these pages, you get to track your daily journey. Each page has a place for you to reflect on how your habit went each, and lets you rank your week by colouring in stars. There's also an inspirational quote on each page, to encourage you to keep on going!

Hopefully, this journal will help you reach your goals, and if not, hopefully you'll find it fun in the meantime. There are lots of things to colour, including a colouring page full of clocks to get you inspired for your goal.



# Weekly Tracker Overview

Week 1

Week 2

Week 3

Week 4

Week 5

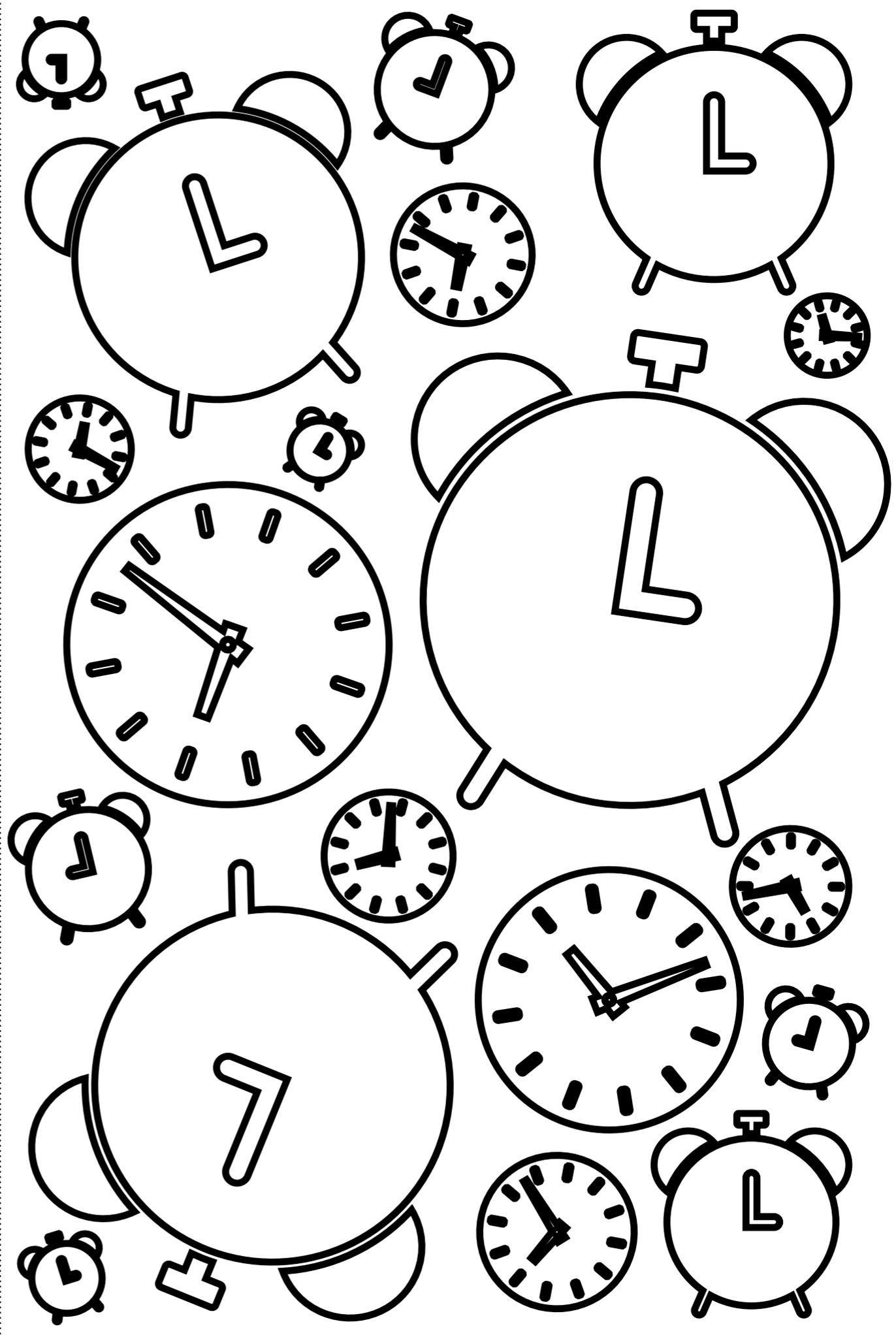
Week 6

Week 7

Week 8

Week 9

Week 10

# Week 1

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday



How would you rate this week in terms of your goal?

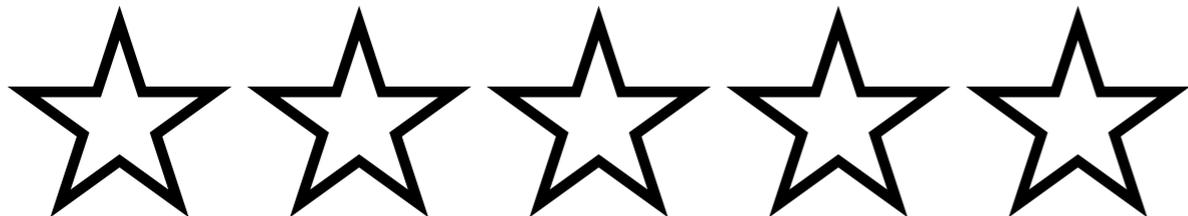
How was week 1? Was it hard getting started?

**“The way to get started is to quit talking and begin doing”  
- Walt Disney**

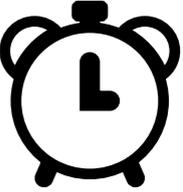
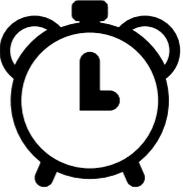
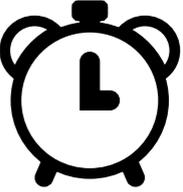
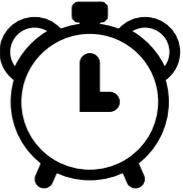
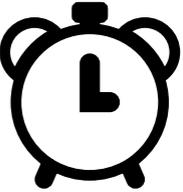
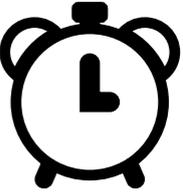
# Week 2

How has your habit moved into week 2? Is it easier or harder?

**“Whether you think you can’t or think you can, you’re right”  
- Henry Ford**



How would you rate this week in terms of your goal?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

# Week 3

Sunday
Monday
Tuesday

**“For Every Reason It’s Not Possible, There Are Hundreds Of People Who Have Faced The Same Circumstances And Succeeded.” – Jack Canfield**

How has your habit fit into your routine?

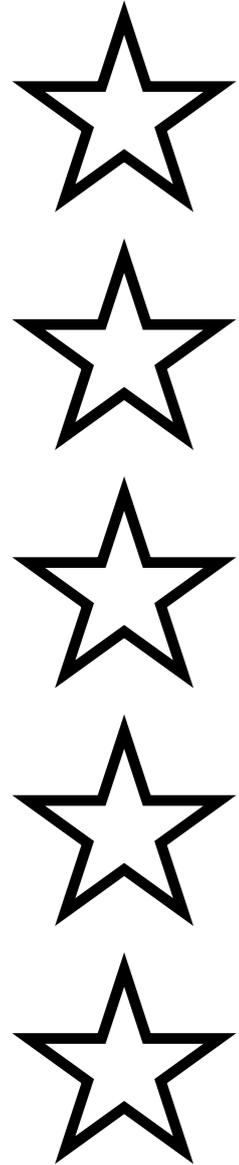
Wednesday
Thursday
Friday
Saturday



How would you rate this week in terms of your goal?

# Week 4

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

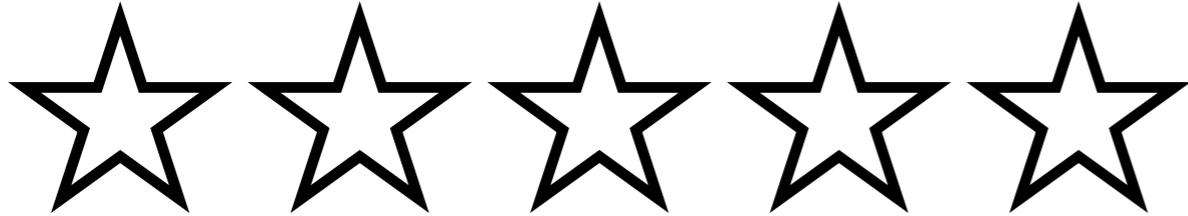


How would you rate this week in terms of your goal?

**“I Think Goals Should Never Be Easy, They Should Force You To Work, Even If They Are Uncomfortable At The Time.” – Michael Phelps**

Almost a month! How has your habit changed your day?

# Week 5



How would you rate this week in terms of your goal?

Sunday
Monday
Tuesday
Wednesday
Thursday

Halfway through your tracking! Reflect on your journey so far!

**“Today’s Accomplishments  
Were Yesterday’s  
Impossibilities.”  
– Robert H. Schuller**

Friday
Saturday

# Week 6

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

You've come a long way from Week 1!

**"You Don't Have To Be Great To Start, But You Have To Start To Be Great." - Zig Ziglar**



How would you rate this week in terms of your goal?

# Week 7

At week 7 you should really be able to see the impacts of your habits!



How would you rate this week in terms of your goal?

Sunday

Monday

Tuesday

Wednesday

Thursday

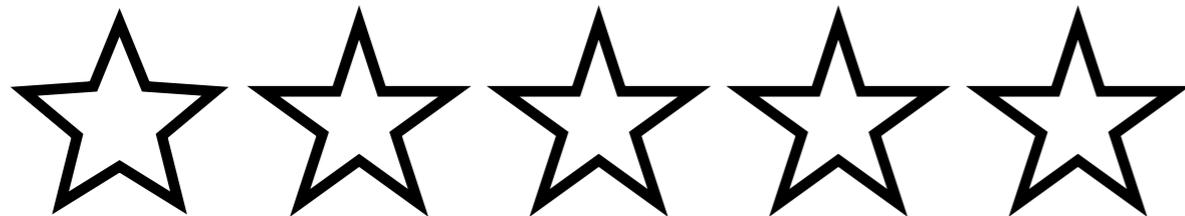
Friday

Saturday

**“You Are Never Too Old To Set Another Goal Or To Dream A New Dream.” – C.S. Lewis**

# Week 8

Sunday
Monday



How would you rate this week in terms of your goal?

Tuesday
Wednesday

Thursday
Friday
Saturday

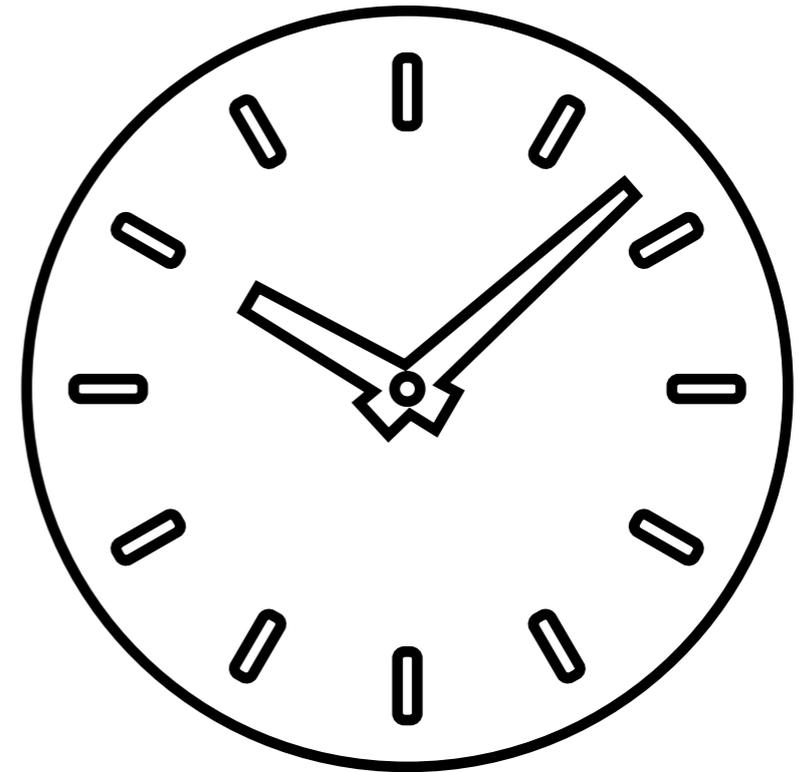
**“A Clear Vision, Backed  
By Definite Plans, Gives  
You A Tremendous  
Feeling Of Confidence  
And Personal Power.”  
– Brian Tracy**

# Week 9

Sun
Mon
Tue
Wed
Thurs
Fri
Sat

**“There Are  
No Limits To  
What You  
Can  
Accomplish,  
Except The  
Limits You  
Place On  
Your Own  
Thinking.” –  
Brian Tracy**

How would you rate this week out of 12 in terms of your goal?



Almost at the end of your tracking!

# Week 10



How would you rate this week in terms of your goal?

**“One Of The Lessons  
That I Grew Up With  
Was To Always Stay  
True To Yourself And  
Never Let What  
Somebody Else Says  
Distract You From Your  
Goals.” – Michelle  
Obama**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Final week of tracking!



# Acknowledgements

I'd just like to say thank you for completing this journal. This journal is all up to you, not me, not anyone else. It is your journey to take. But it really does mean something to you how you completed these 10 weeks. It takes real commitment to yourself to actually take initiative to become a better you. I tried to make this journal an easy way to track your journey, alongside Atomic Habits by James Clear. So again, congratulations on completing your 10 weeks!