

# 1% More Aligned With My Vision

Daily Tracking sheet

Month: January 2025



Day:	Sat 4	1%:	Took the stairs instead of the elevator
Day:	Sun 5	1%:	Made a better choice for lunch
Day:	Mon 6	1%:	Went to bed earlier
Day:	Tue 7	1%:	Listened to music instead of browsing on my phone
Day:	Wed 8	1%:	Went to the gym
Day:	Thur 9	1%:	Called a family member
Day:	Fri 10	1%:	Got myself a gratitude journal
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**SAMPLE**