

# What Gets Measured Gets Done

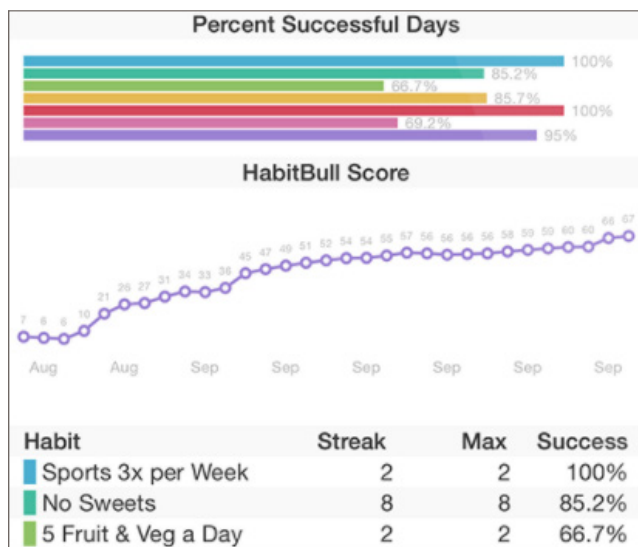
Changing behavior can be hard work.

Habits are a powerful way of developing new behaviors that become a part of your everyday actions. By **frequent repetition** - aka **quality practice** - you can develop new ways of acting & thinking.

The key to quality practice is **consistency** & **measuring progress**. Here are 3 tools to help you track & measure your practice.

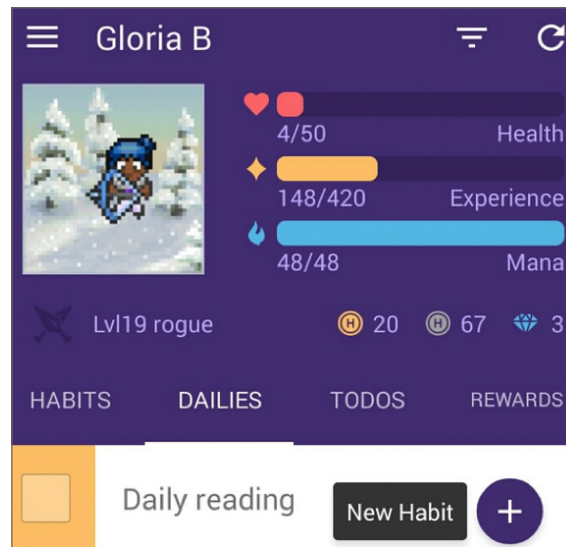
## 📱 Techy?

### HabitBull



- » Identify your **streak target** – how many times in a row must you complete the habit before you consider it installed.
- » Set **flexible reminders** (weekdays vs. weekends). **Track progress** & see how you're doing in results & graphs.

### Habitica



- » More like a video game, this app **rewards you for accomplishing your tasks**. You gain experience points which level up your in-game character.
- » The active community provides the **accountability you need to stay on task**.

## ✏️ Not So Techy?

### Bullet Journal Style

- » You can print this off & put it in your weekly or monthly planner so you'll see it every day. First choose categories & then choose which habits you want to track. Make sure you're **setting realistic goals**.
- » This layout allows you to see patterns. On the line to the right, you can track what you notice, so you're learning about **what's making it work** or not work.

**HABIT TRACKER**

<<HABIT>>

Ex: More immediate in addressing difficult conversations

WHAT I'M NOTICING

HABIT 2 Goes Here

WHAT I'M NOTICING

	1	2	3	4	5	6	7	8	9	10	11
Ex: More immediate in addressing difficult conversations		X									X
WHAT I'M NOTICING	I'm better earlier in the week & with certain people										
HABIT 2 Goes Here											
WHAT I'M NOTICING											

References: habitbull.com | habitica.com