my 2027 habits

pick 5 or fewer. make each one small enough to do on your worst day.

THE HABITS I'M TRACKING THIS YEAR

Habit 1 _____

Tiny version (2 minutes or less) _____

When + where I'll do it _____

Habit 2 _____

Tiny version (2 minutes or less) _____

When + where I'll do it _____

Habit 3 _____

Tiny version (2 minutes or less) _____

When + where I'll do it _____

Habit 4 _____

Tiny version (2 minutes or less) _____

When + where I'll do it _____

Habit 5 _____

Tiny version (2 minutes or less) _____

When + where I'll do it _____

WHY THESE HABITS MATTER TO ME

_____

_____

_____

MY NEVER-MISS-TWICE RULE

If I miss a day, the next day I do the tiny version. No guilt, just the next box.

2027 at a glance

one keystone habit, 365 boxes. color in every day you show up.

My keystone habit: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Feb	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			
Mar	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Apr	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
May	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Jun	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Jul	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Aug	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Oct	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nov	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Dec	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Total days this year: _____ / 365 Longest streak: _____ days

january 2027

one box per day. a dot counts. a tiny version counts.

habit	F 1	S 2	S 3	M 4	T 5	W 6	T 7	F 8	S 9	S 10	M 11	T 12	W 13	T 14	F 15	S 16	S 17	M 18	T 19	W 20	T 21	F 22	S 23	S 24	M 25	T 26	W 27	T 28	F 29	S 30	S 31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

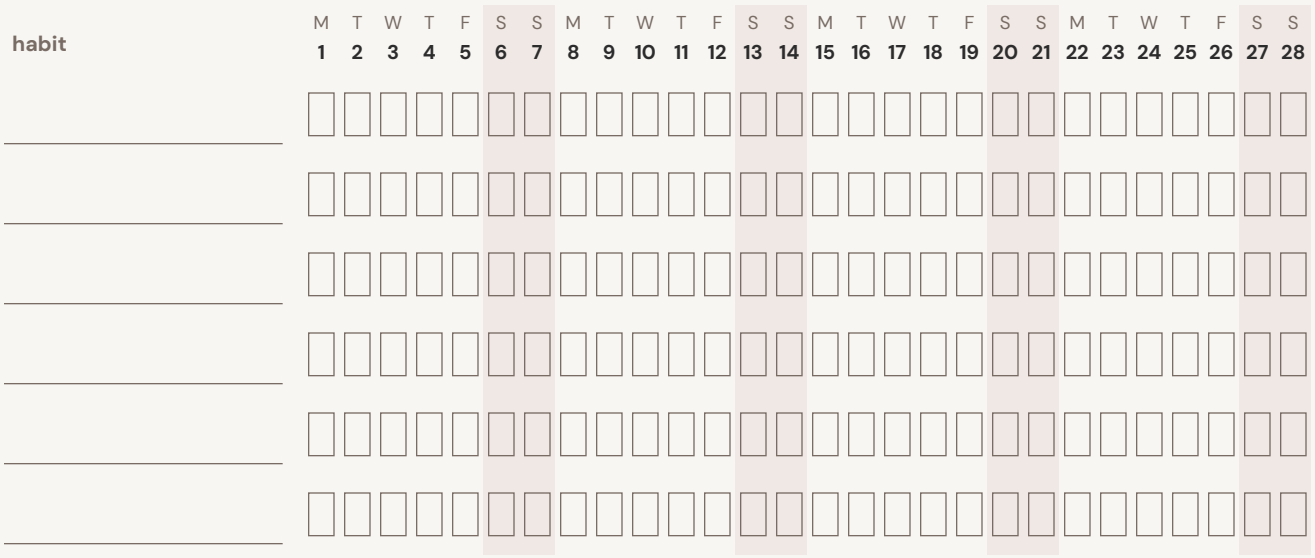
WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

february 2027

one box per day. a dot counts. a tiny version counts.



THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 28 Best streak: _____

march 2027

one box per day. a dot counts. a tiny version counts.

habit	M 1	T 2	W 3	T 4	F 5	S 6	S 7	M 8	T 9	W 10	T 11	F 12	S 13	S 14	M 15	T 16	W 17	T 18	F 19	S 20	S 21	M 22	T 23	W 24	T 25	F 26	S 27	S 28	M 29	T 30	W 31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

april 2027

one box per day. a dot counts. a tiny version counts.

habit	T 1	F 2	S 3	S 4	M 5	T 6	W 7	T 8	F 9	S 10	S 11	M 12	T 13	W 14	T 15	F 16	S 17	S 18	M 19	T 20	W 21	T 22	F 23	S 24	S 25	M 26	T 27	W 28	T 29	F 30

THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 30 Best streak: _____

may 2027

one box per day. a dot counts. a tiny version counts.

habit	S 1	S 2	M 3	T 4	W 5	T 6	F 7	S 8	S 9	M 10	T 11	W 12	T 13	F 14	S 15	S 16	M 17	T 18	W 19	T 20	F 21	S 22	S 23	M 24	T 25	W 26	T 27	F 28	S 29	S 30	M 31

THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

june 2027

one box per day. a dot counts. a tiny version counts.

habit	T 1	W 2	T 3	F 4	S 5	S 6	M 7	T 8	W 9	T 10	F 11	S 12	S 13	M 14	T 15	W 16	T 17	F 18	S 19	S 20	M 21	T 22	W 23	T 24	F 25	S 26	S 27	M 28	T 29	W 30

THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 30 Best streak: _____

july 2027

one box per day. a dot counts. a tiny version counts.

habit	T 1	F 2	S 3	S 4	M 5	T 6	W 7	T 8	F 9	S 10	S 11	M 12	T 13	W 14	T 15	F 16	S 17	S 18	M 19	T 20	W 21	T 22	F 23	S 24	S 25	M 26	T 27	W 28	T 29	F 30	S 31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

august 2027

one box per day. a dot counts. a tiny version counts.

habit	S 1	M 2	T 3	W 4	T 5	F 6	S 7	S 8	M 9	T 10	W 11	T 12	F 13	S 14	S 15	M 16	T 17	W 18	T 19	F 20	S 21	S 22	M 23	T 24	W 25	T 26	F 27	S 28	S 29	M 30	T 31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

september 2027

one box per day. a dot counts. a tiny version counts.

habit	W 1	T 2	F 3	S 4	S 5	M 6	T 7	W 8	T 9	F 10	S 11	S 12	M 13	T 14	W 15	T 16	F 17	S 18	S 19	M 20	T 21	W 22	T 23	F 24	S 25	S 26	M 27	T 28	W 29	T 30
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 30 Best streak: _____

october 2027

one box per day. a dot counts. a tiny version counts.

habit	F 1	S 2	S 3	M 4	T 5	W 6	T 7	F 8	S 9	S 10	M 11	T 12	W 13	T 14	F 15	S 16	S 17	M 18	T 19	W 20	T 21	F 22	S 23	S 24	M 25	T 26	W 27	T 28	F 29	S 30	S 31
_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

november 2027

one box per day. a dot counts. a tiny version counts.

habit	M 1	T 2	W 3	T 4	F 5	S 6	S 7	M 8	T 9	W 10	T 11	F 12	S 13	S 14	M 15	T 16	W 17	T 18	F 19	S 20	S 21	M 22	T 23	W 24	T 25	F 26	S 27	S 28	M 29	T 30
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 30 Best streak: _____

december 2027

one box per day. a dot counts. a tiny version counts.

habit	W 1	T 2	F 3	S 4	S 5	M 6	T 7	W 8	T 9	F 10	S 11	S 12	M 13	T 14	W 15	T 16	F 17	S 18	S 19	M 20	T 21	W 22	T 23	F 24	S 25	S 26	M 27	T 28	W 29	T 30	F 31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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THIS MONTH'S FOCUS

WINS I DON'T WANT TO FORGET

WHAT MADE IT HARD (AND MY FIX)

Days I showed up: _____ / 31 Best streak: _____

monthly habit review

10 minutes on the last sunday of the month. print 12 copies.

WHICH HABIT FELT EASIEST THIS MONTH? WHY?

WHICH HABIT DID I SKIP MOST? WHAT GOT IN THE WAY?

KEEP, SHRINK, OR SWAP? (ONE WORD PER HABIT)

ONE THING I'LL CHANGE NEXT MONTH

HOW DO I FEEL COMPARED TO THE 1ST OF THE MONTH?