



IT'S THE — LITTLE — THINGS

WORKBOOK

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Inspiring Minds Consulting Ltd
www.imind.ca

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INTRODUCTION

It wouldn't make much sense for us to talk about how easy the life tweaks from our *It's The Little Things* guide are, and then have you sit down and slog through a full workbook.

In that spirit, this workbook is more of a guide for you. A guide that you can use to track your progress.

It includes 12 months of habit tracking sheets. We have included the tweaks we recommended in our eBook but left a lot of room for your own suggestions.

Incremental change only becomes powerful if you stick to it, ideally these habit tracking sheets will help you with that.

Note: *The tracking sheets aren't month specific, so you could print out as many copies as you want and use them indefinitely.*

After each month of tracking, we include an area where you can reflect on what is working, and what isn't. This will give you a chance to adjust your direction, or tweak your changes to fit your lifestyle better.

So, what are we waiting for? Let's start tracking our way to success!

CHANGE TRACKER

Use these handy habit tracking pages to track your incremental change. The power in these changes is how easy it is to do the, so the more often you can do them (ideally daily) the quicker they will pay off.

IMPORTANT NOTES:

- Don't beat yourself up for a missed day, some life tweaks you make may not require daily adherence.
- We included the tweaks from our eBook, but left room for lots of your own
- The best way to use this is to check in each month, to see how you did.

MONTH: JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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Monthly Check-In

Month: Year:

What Worked Well This Month:

What Didn't Work This Month:

Most Effective New Habit:

Least Effective New Habit:

Focus For Next Month:

MONTH: JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

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Month: Year:

What Worked Well This Month:

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Least Effective New Habit:

Focus For Next Month:

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For More Helpful Information Please Follow Us At:

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