

www.summersdale.com

A HABIT JOURNAL TO HELP YOU MAP OUT AND MANAGE YOUR LIFE

ANNA BARNES

MY LIFE TRACKER

Copyright © Summersdale Publishers Ltd, 2022

All rights reserved.

Text by Sarah Butterworth

No part of this book may be reproduced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publishers.

Condition of Sale
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

An Hachette UK Company
www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers Ltd
Part of Octopus Publishing Group Limited
Carmelite House
50 Victoria Embankment
LONDON
EC4Y 0DZ
UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-80007-447-7

Substantial discounts on bulk quantities of Summersdale books are available to corporations, professional associations and other organizations. For details contact general enquiries: telephone: +44 (0) 1243 771107 or email: enquiries@summersdale.com.



Disclaimer

This book is not intended as a substitute for the medical advice of a doctor or physician. If you are experiencing problems with your health, it is always best to follow the advice of a medical professional.

www.summersdale.com



Introduction

"How's life?"

"Fine."

This book is for people who want more than fine, who want to live life to the full, rather than letting the days, months or years float by in the busyness of day-to-day existence.

Everything we do is interconnected, so it's good to understand life as a whole: how does my social media use affect my sleep? How does my sleep pattern affect my mood? How does my mood affect the spending decisions I make? And so on. Those who take a "big picture" approach to their lives are better able to cope with challenges and overwhelming situations, and thus they are both more relaxed and more successful.

By tracking different elements of your life, you will be able to step back, like a kingfisher gently hovering over the water, surveying the whole scene, knowing exactly where to strike. You will be able to see



what's working well and what's holding you back; you will become more self-aware and empowered to make small changes that make a big difference.

Packed into this small but mighty book are all the tools you need to keep track of your spending, your health, your mood and more. Broken down by month and day, these trackers are easy and fun to use. All you need are a few minutes each day and some colouring pencils; think of this book as your daily check-in with yourself. You'll also find words of wisdom and encouragement as well as helpful hints and tips. After a few months you may see patterns emerge, or you may spot habits that are affecting other areas of your life. This book aims to help you discover what you need to do in order to make the tweaks necessary to live your best life.

www.sunflowerbooks.com



January

MY GOALS AND ACHIEVEMENTS

My goal(s) for this month:

Example goal: Spend ten minutes in quiet at the start of every weekday

What will I do to reach my goal(s)?

Example steps: Start with every other day, set an early morning alarm, find a space free of distractions, let the other members of my household know and ask them not to disturb me

www.summersdale.com

Top Tips

MAKE RESOLUTIONS STICK

Studies suggest that 80 per cent of New Year's resolutions fail. This is because people often make big plans to change their behaviour without considering their habits and attitudes.

Setting goals is good, but writing them down or sharing them with a friend is even better because you can check in with your progress and feel more motivated. Another way to encourage success is to make your goal achievable; it's better to consider a long-term aim and then break it down into small manageable steps that you can work toward each month. This way you will be more likely to achieve your January goal and this in turn will encourage and motivate you to achieve your February goal. Don't be discouraged if you fail one day – simply use your tracker to help you understand what habits might be getting in your way.

Spending Tracker

MONTH: JANUARY

SURVIVAL		CULTURE	
Food shop	42.35	Cinema	11.95

www.summersdale.com

SURVIVAL: Regular, necessary expenditure, such as food, childcare or transport.

CULTURE: Expenditure on cultural activities, theatre, books, etc.

Total income per month: _____

Income minus fixed costs: _____

OPTIONAL		EXTRA	
Dinner Out	23.27	B-day card	2.50

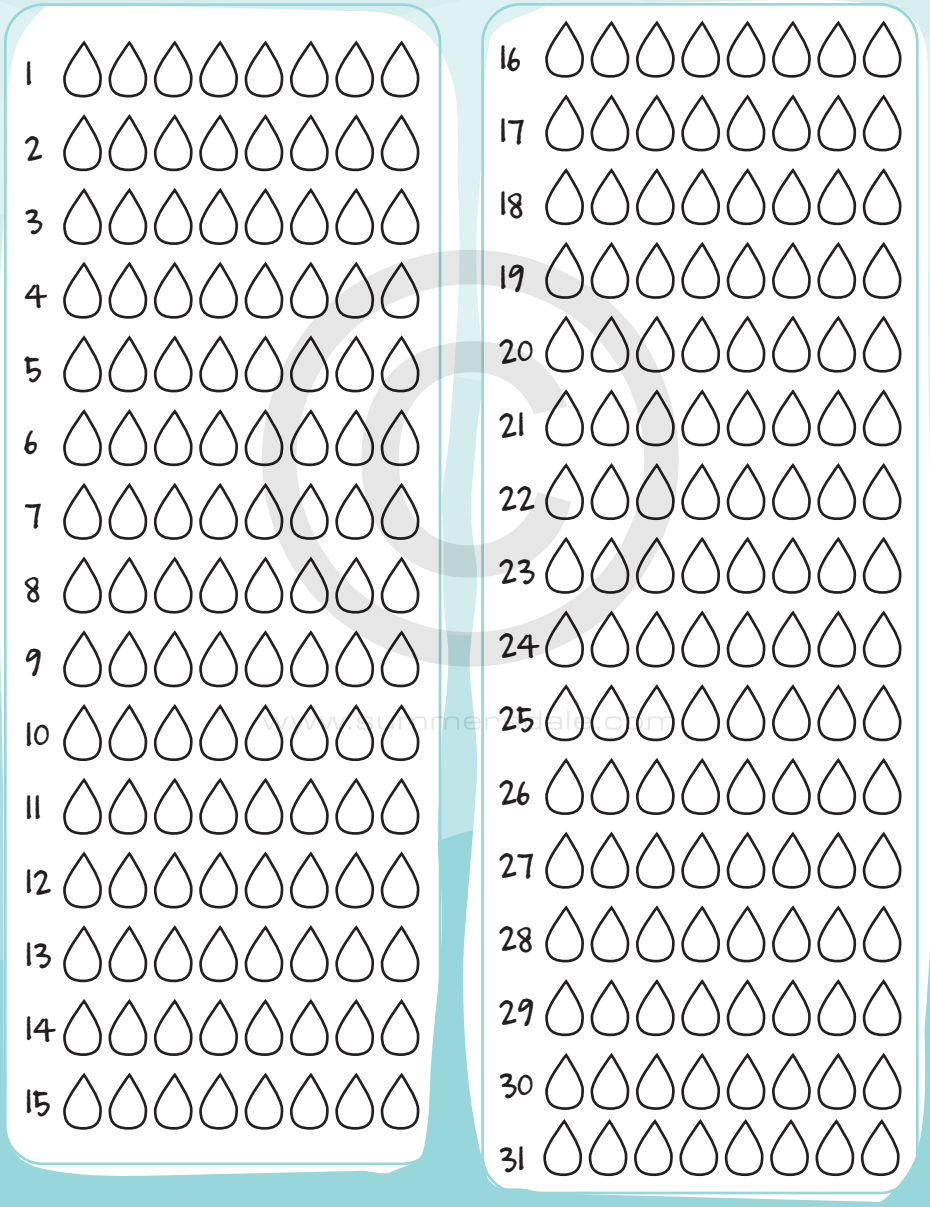
www.summersdale.com

OPTIONAL: Anything you choose to spend money on, like a social event or meal out.

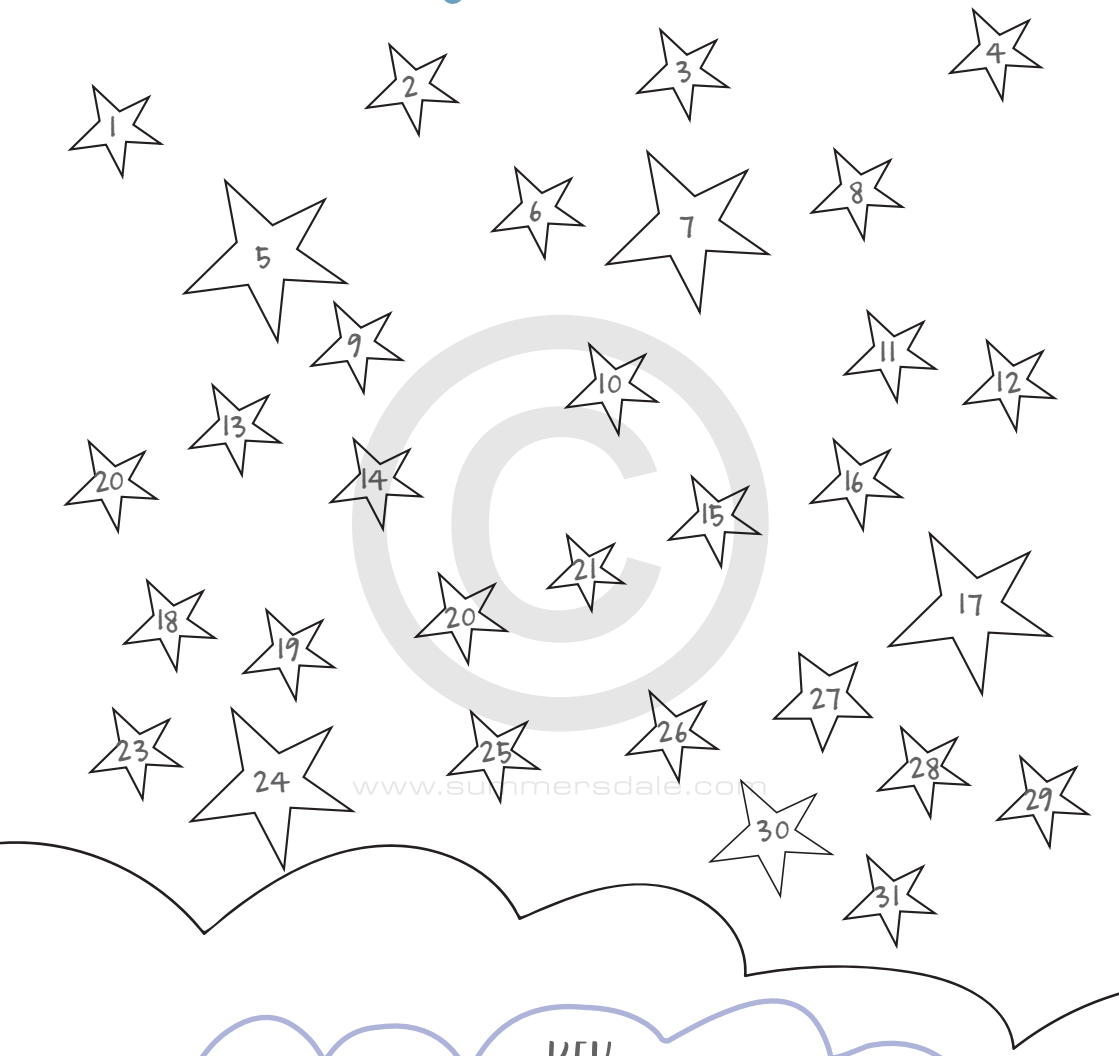
EXTRA: Anything irregular or unexpected, such as repairs or birthday presents.

Water Tracker

One drop = one glass (400 ml)



Sleep Tracker



www.summersdale.com

KEY

- ☐ Four hours or fewer
- ☐ Five hours
- ☐ Six hours
- ☐ Seven hours
- ☐ Eight hours
- ☐ Nine hours or more

Exercise Tracker

Use this page to log your activity levels this month.
Write in the number of active minutes for each day
or colour-code each box.

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	

- [ ] Active
- [ ] Moderate
- [ ] Rest

www.summersdale.com