Procastination Emergency Kit Habit Tracker

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

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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	2/	28	29	30	31	TOTAL
8 Minute Bursts																																
A Quick Plan																																
Check In																																
Commit																																
Crushing Evil Villains																																
Divide and Conquer																																
Energy Boosters																																
Focus Force Field																																
Focus on the Journey																																
Free-Writing																																
Get Grounded																																
One Tiny Thing																																
List of 3																																
Make it Real																																
Out of Sight, Out of Mind																																
Post-Rewards (Not Pre-Rewards)																																
Positive Intentions																																
Procas-Donation																																
Productive Procrastination																																
Think of Your Future Self																																
The Yum Factor																																
Time Checks																																
Walk for your Best Ideas																																
Your Theme Song																																