

# HABIT TRACKER

NAME:

WEEK:

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**Daily Examine**(go over these questions at the end of each day, write your thoughts & prayers in a journal)

1. Give praise & thanks to God for the gifts of the day.
2. Review the day. Where did you make good choices toward virtue? Where did you struggle? Are you keeping up with good habits?
3. Commit to trying better tomorrow. Be patient with yourself. Pray & ask God for the grace to begin again tomorrow in His love.