June

TWO THOUSAND TWENTY-SIX

Sarah's habit grid
4 habits · 30 days

Small, often, kindly.

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
Walk 20 min *after morning coffee*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Read 10 pages *with evening tea*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Phone-free until 9am	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Stretch 5 min *before sleep*	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily target	4 of 4 · mark each row when done																													

HOW THIS PAGE WORKS

- One column per day of June. Weekend columns are tinted.
- Mark a box when you finish the habit. Skip days you skip — streaks are nice, not the point.
- The italic cues under each habit are *where* or *when* the habit happens — your trigger.
- At month end, count filled boxes per row to see what's working.

END-OF-MONTH NOTE

What habit felt the hardest, and what was actually getting in the way?