

Courage & Strength Action Tracker

Designed for taking action, building habits, and making growth stick

How to Use:

1. Pick one habit or action to focus on each week.
2. Check in daily — *even small steps count*.
3. Reflect briefly on what required courage and what progress you made.
4. Track wins to build momentum and confidence.

Tracker Layout (Minimalist Printable)

Date	Habit / Action	Took Action? 	Courage Needed (1-5)	Strength Noticed	Notes / Wins

Guide:

- **Date:** Day of the week or calendar date.
- **Habit / Action:** The specific habit or training action you are focusing on.
- **Took Action? **: Quick check if you completed the step.
- **Courage Needed (1-5):** Rate how much courage it took to take action today.
- **Strength Noticed:** Note any small wins, resilience, or improvement.
- **Notes / Wins:** Record observations, adjustments, or lessons learned.