

## Wealth Habit Tracker

### Daily Accountability for Behaviour That Compounds

#### How to use this:

At the end of each day, tick what you *actually did*.

Missed days are data — not failure.

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#### Daily Wealth Behaviours

##### 1 Took Action Before Certainty

- Acted without waiting to feel ready
  - Chose movement over overthinking
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##### 2 Made a Clear Decision

- Decided instead of drifting
  - Avoided postponing a necessary choice
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##### 3 Moved on an Opportunity

- Acted when something felt time-sensitive
  - Took the first step, not the perfect one
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##### 4 Increased My Value

- Learned or practised a compounding skill
  - Took responsibility that increased usefulness
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##### 5 Built Confidence Through Action

- Did one slightly uncomfortable thing
  - Created evidence instead of seeking reassurance
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##### 6 Reduced Dependence on Time

- Worked on something that pays more than once
  - Improved a system, process, or reusable asset
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##### 7 Focused on What Matters

- Prioritised one meaningful task
- Avoided unnecessary switching or distraction

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### 8 Tolerated Discomfort

- Leaned into discomfort instead of avoiding it
  - Distinguished discomfort from real danger
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### 9 Designed My Environment

- Reduced friction for good habits
  - Increased friction for distractions
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### 10 Played the Long Game

- Acted with long-term direction in mind
  - Stayed consistent despite slow feedback
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### Daily Score (Optional)

- 0–3 ticks → Drift day
- 4–6 ticks → Maintenance day
- 7–10 ticks → Momentum day

(You're aiming for **more momentum days over time**, not perfection.)

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### One-Line Daily Reflection

*What behaviour mattered most today?*

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### Weekly Pattern Check (End of Week)

Answer briefly:

- What habit showed up most consistently?
  - What habit broke down under pressure?
  - What one behaviour will I prioritise next week?
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### The Rule to Remember

**Wealth isn't built by intensity.  
It's built by repetition.**

Miss a day? Continue.

Miss a week? Resume.

Never restart — **continue the pattern.**