Holiness Habit Tracker™

One habit. One rhythm. Renewed, day after day.

ROMANS 12:2

"And be not conformed to this world: but be ye transformed by the renewing of your mind..."

PSALM 119:11

"Thy word have I hid in mine heart, that I might not sin against thee."

HOW TO USE THIS TRACKER

1. **Choose one.** Not all seven. Check the single rhythm you'll practice this week.
2. **Anchor it.** Attach it to something you already do every day (page 2).
3. **Track & reflect.** Log seven days, then sit with the questions on page 3.

Choose your one rhythm

A menu, not a checklist.

☐ 1 **Daily Scripture intake**
Let the Word be hidden in your heart before the test ever arrives (Psalm 119:11).
START SMALL Let your morning coffee be the trigger for five minutes in one passage. Copy a single verse into a notebook.

☐ 2 **A fixed time of prayer**
The same time, the same way, until it requires only faithfulness, not feelings.
START SMALL Turn a 20-minute commute into prayer: 5 minutes of gratitude, 10 of intercession, 5 of silent listening.

☐ 3 **Sabbath rest**
Stopping anything and everything that keeps you occupied during the other six days.
START SMALL Choose your Sabbath day now and name the one thing you will set down for it.

☐ 4 **Honest confession**
God already knows everything about you. Nothing is hidden from Him.
START SMALL Close each day with a few honest minutes before God: what you did, and what you left undone.

☐ 5 **Deliberate gratitude**
Thankful in whatever position or circumstance you find yourself in.
START SMALL Before anything else in prayer, name three specific things you are thankful for today.

☐ 6 **Accountable community**
Church fellowship, a mentorship, or a close friend who walks with you.
START SMALL Tell one person which habit you chose and ask them to check in with you this week.

☐ 7 **Guarded media consumption**
Paying attention to what you allow into your mind on repeat (Philippians 4:8).
START SMALL Don't eliminate it yet. Reduce one feed, show or scroll, and replace 10 minutes with silence, Scripture or prayer.

My commitment

Your part is not to manufacture the change. It's to keep showing up.

MY ONE HABIT THIS WEEK

I'LL ANCHOR IT TO (SOMETHING I ALREADY DO DAILY)

WHEN & WHERE

STARTING SIZE (KEEP IT SMALL, E.G. 5 MINUTES)

MY NAME

START DATE

> *Habits that stand alone rarely survive, but habits that attach to an existing routine tend to stick.*

7-day rhythm log

Week one is about the rhythm, not the depth.

DAY	DATE	KEPT IT	MINUTES	WHAT I NOTICED
1		☐		
2		☐		
3		☐		
4		☐		
5		☐		
6		☐		
7		☐		

Days kept this week: _____ / 7

Missed a day? That is not failure. It is simply what forming a new rhythm looks like for every person who has ever tried. Pick it back up tomorrow.

End-of-week reflection

Don't answer quickly. Let it sit through the rest of your day.

THIS WEEK'S REFLECTION QUESTION

Which daily habit most shapes your thoughts toward God right now — and which one, if you're honest, needs renewal?

WHAT HELPED ME KEEP THE RHYTHM?

WHAT GOT IN THE WAY?

WHAT DID I NOTICE CHANGING IN MY THOUGHTS, ATTITUDE OR DESIRES?

NEXT WEEK I WILL…

- ☐ Keep the same habit
- ☐ Go a little deeper with it
- ☐ Add a second rhythm (only once the first no longer needs willpower)

REMEMBER WHY YOU'RE DOING THIS

Definitive holiness
Your position in Christ: secured once, complete, and not something you add to through effort.

Progressive holiness
The day-by-day process of becoming in practice what you already are in position. This tracker lives here.

These habits are not a ladder toward earning God's love. They are the practiced rhythm of someone who already has His love and His grace, learning to live like it's true.

Be transformed. Not conformed.

Next week: "The Sobering Stats: Why Christian Compromise Is Becoming the Norm"