

# Measure Your Success

Your Overall Quality of Life Tracker

by

Elizabeth Crooks

[www.elizabeth-crooks.com](http://www.elizabeth-crooks.com)

## Measure Your Success

Make this year your best year yet! See your overall quality of life progress in real time as you color-code your daily habits in these easy-to-read charts. Visually seeing our progress, or lack thereof, can help us readjust and realign ourselves with our goals and the highest vision for our lives in the moment. If you want to get healthier, focus on tracking your healthy habits. If you want to get wealthier, focus on tracking your financial and career habits. If you want to be happier, focus on tracking your mood, mindfulness, and self-care habits. If you want a total life change, focus on all of your daily habits and really see where you can improve in each and every moment.

Use these charts to track your progress, and thus track your success, each and every day. Be honest with yourself as this is your life. See what you are doing to move you closer to your goals, and see what changes need to be made to your routine to keep you on track with your dreams.

This is about self-responsibility.

This is about self-accountability.

You are the only person you have to live with at the end of the day. Own your life and your limitations. See yourself fully and decide what changes you want to and don't want to make. See who you need to become in order to have the life of your dreams. No one else can make your dreams come true for you. It takes effort to have everything you've ever wanted. Now, it doesn't have to be hard work, which also means that it doesn't have to be easy. It's just effort and you can put in as much or as little as you need, depending on your life goals.

### Blank Charts:

There are several yearly charts already made with daily progress options but there are also three different blank charts as we all have different goals, dreams and aspirations in life. Be sure to make both “positive” or progressive options, and “negative” or stagnant options, as well as options in between those two extremes. You are either moving towards your goals, not moving at all, or moving backwards (or making negative/opposite progress than intended).

Be sure to give yourself as many or as few options you need to accurately measure your daily progress throughout the year. And make it fun...as you will see the options can be both serious and funny. If you are turning into a coach potato with your fitness goals then this will either motivate you or not, depending on your overall fitness goals. Go easy on yourself always but be sure you are being open and honest with your daily habits and actions, or lack thereof.

### Color Coding and Using the Charts:

1. Pick colors you can keep track of all year.
2. Color in the option boxes and be sure each box has a different color.
3. Be consistent in your ratings at the end of every day in the chart.
4. Months are arranged at the top of the chart; days along the side. Try to use one color for each day to measure your best overall feeling of each day, but feel free to use more than one color if needed.
5. Be honest with your end-of-day results so you can see your life accurately over the year.
6. No guilt.
7. No regret.
8. No going back.
9. See your progress in real-time, and make any necessary changes in the next moment.
10. At the end of the year see the changes in a beautifully color-coded chart that reflects you, your habits, and your overall life.
11. Don't be afraid of discovering your True Self...this is the only way you can know for sure what needs to change and what you want to stay the same.

## Overall Quality of Life

<input type="checkbox"/> Best Day Ever	<input type="checkbox"/> Normal, Average Day	<input type="checkbox"/> Stressed out, Frantic Day
<input type="checkbox"/> Amazing, Fantastic Day	<input type="checkbox"/> Exhausted, Tired Day	<input type="checkbox"/> Frustrated, Angry Day
<input type="checkbox"/> Really Good, Happy Day	<input type="checkbox"/> Sad, Depressed Day	<input type="checkbox"/> Worst Day Ever

[illegible]

## Goal Getter

<input type="checkbox"/> Tackled the To-Do List Like a Boss	<input type="checkbox"/> Fired Up/ Accomplished	<input type="checkbox"/> Changed Directions, again
<input type="checkbox"/> Most of To-Do List Done	<input type="checkbox"/> Just Enough Effort	<input type="checkbox"/> Did Literally Nothing Today
<input type="checkbox"/> Some of To-Do List Done	<input type="checkbox"/> Not Into Life Today	<input type="checkbox"/> I Feel I Went Backwards

[illegible]

# Fitness Tracker

<input type="checkbox"/> I Am A Machine Today	<input type="checkbox"/> What I Did Counts	<input type="checkbox"/> Rethinking My Life
<input type="checkbox"/> I Did More Than Expected	<input type="checkbox"/> Forgot To Exercise	<input type="checkbox"/> I Don't Want to Change
<input type="checkbox"/> Normal Exercise Done	<input type="checkbox"/> Didn't Plan to Exercise	<input type="checkbox"/> I'm Turning Into A Potato

[illegible]

# Food/Meal Tracker

<input type="checkbox"/> Healthy, Mindful Food Day	<input type="checkbox"/> Total Junk Food Day	<input type="checkbox"/> No Sugar Day
<input type="checkbox"/> Mostly Healthy Food Day	<input type="checkbox"/> Ate Too Much Food	<input type="checkbox"/> No Meat Day
<input type="checkbox"/> Normal, Light Snacking	<input type="checkbox"/> Ate Too Little Food	<input type="checkbox"/> No Fast Food Day

[illegible]

## Self-Care

<input type="checkbox"/>	Total Me-Day/ Priority #1	<input type="checkbox"/>	Forgot About Me Entirely	<input type="checkbox"/>	I Love Myself Now
<input type="checkbox"/>	I Did More than One Thing for Myself Today	<input type="checkbox"/>	I Thought About Others More	<input type="checkbox"/>	I Will Try Harder to Love Myself
<input type="checkbox"/>	I Thought About Me Once	<input type="checkbox"/>	Maybe Tomorrow	<input type="checkbox"/>	I Don't Deserve Love, yet

[illegible]



## Financial

☐ I Made More Money Than Expected Today

☐ Saved/Put Away Money

☐ Huge Financial Gain

Normal Income Day

Spent More than Saved

☐ Huge Financial Loss

Did Not Make Money Today 'Lost' Money Today

☐ I Need To Rethink My Finances and Money[illegible]

## Mindfulness

<input type="checkbox"/> Meditated A Lot Today	<input type="checkbox"/> I Thought About Life	<input type="checkbox"/> Will be More Mindful Tomorrow
<input type="checkbox"/> Meditated Once Today	<input type="checkbox"/> I Didn't Want to Think About Life, But I Did	<input type="checkbox"/> Mindfulness is Overrated
<input type="checkbox"/> Did Not Meditate Today	<input type="checkbox"/> I Am Thinking About Life (as I stare at this chart)	<input type="checkbox"/> Leave Me Alone

[illegible]

# Happiness

9

9

9

[illegible]

## Success/Progress

☐ Moved Forwards / Towards My Goals Today

☐ Stayed the Same / No Change in Routine

Moved Backwards / Away From Goals Today

[illegible]





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1

2

3

[illegible]