



Dear Readers,

We're so excited to present you with this new habit tracker printable! Whether your goals are to read the Bible more, have more consistent daily quiet time with God, or get into better rhythms of sleep, nutrition, or health, we hope this printable can be a fun accountability tool for your new routines.

You can use this printable as a monthly resource - checking off each day of your habit goals. This is a great companion to use while journaling your way through *The Weekly Habit Project*, a beautiful year-long guided journal to build life-giving habits, set achievable goals, and enjoy spiritual growth. Over 52 weeks, *The Weekly Habits Project* journal will help you build the spiritual, mental, and emotional habits you've been longing to cultivate. Reflection prompts and calming imagery provide a compassionate place for you to set and celebrate goals related to time, prayer, technology, fears, discouragement, and relationships.

Each entry in *The Weekly Habits Project* includes a short but powerful Bible verse for reflection and inspiration to guide your thoughts and jumpstart your habit project.

**Learn more about *The Weekly Habits Project* at
FaithGateway.com**

THE WEEKLY HABITS PROJECT

Celebrate progress over perfection

