January 2027

31 days • Starts on Friday

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 MLK Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

This month's focus: _____

January 2027 — Habit Tracker

Tick one box per day • Write your own habits in the left column

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL / 31
Drink 8 glasses of water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Move / exercise 30 min	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Read 20 minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
No sugar after 8 pm	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Meditate 10 minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Save money today	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
In bed by 10:30 pm	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Write / journal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
No social media before noon	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Eat a home-cooked meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

Days completed this month: _____ / 310 boxes

Tip: start with 2–3 habits, not 10. Add a new one only when the first ones feel easy.

My 2027 Goals

Dream big — then break it into steps you can actually do

MY WORD OF THE YEAR: _____

One word to guide every decision in 2027 (for example: Brave, Steady, Grow, Free).

TOP 5 GOALS FOR 2027

1 **Goal:** _____

Why it matters: _____

First small step: _____ Deadline: _____

Done? [ ]

2 **Goal:** _____

Why it matters: _____

First small step: _____ Deadline: _____

Done? [ ]

3 **Goal:** _____

Why it matters: _____

First small step: _____ Deadline: _____

Done? [ ]

4 **Goal:** _____

Why it matters: _____

First small step: _____ Deadline: _____

Done? [ ]

5 **Goal:** _____

Why it matters: _____

First small step: _____ Deadline: _____

Done? [ ]

Review these goals on the first Sunday of every month — and celebrate every step, not just the finish line.