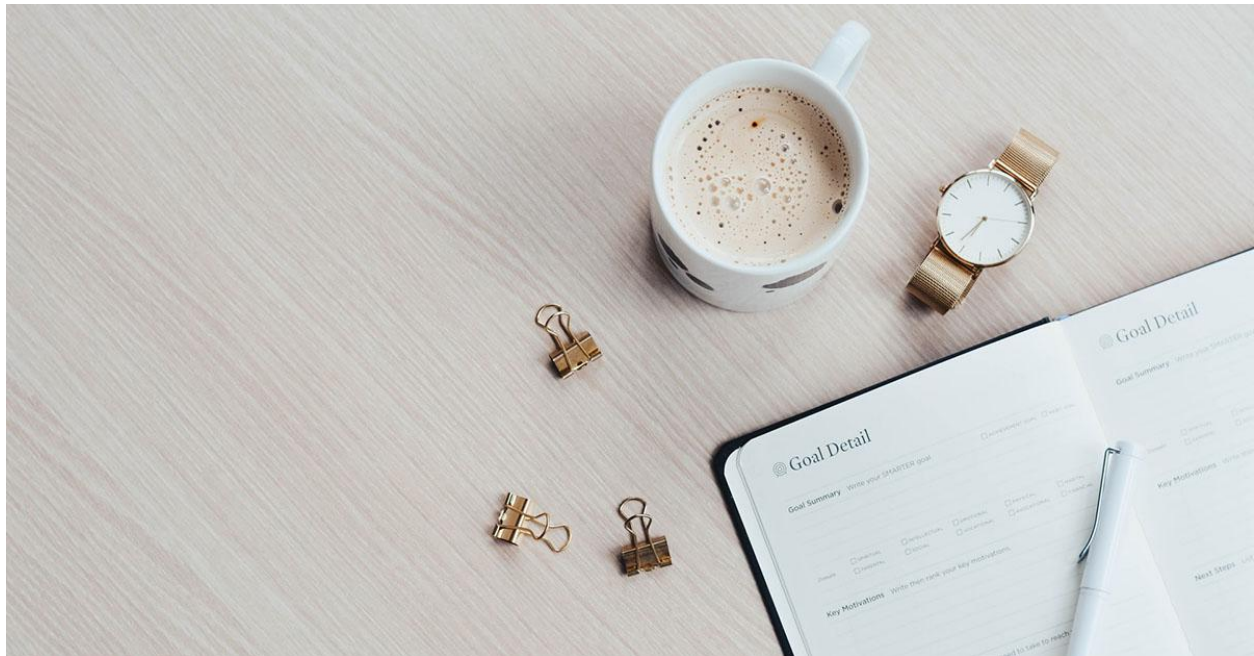


Why You Need A Habit Scorecard Like The Circle Habit Tracker



Thanks to the Bullet Journal wave, almost everyone is jumping on the bandwagon of tracking their habits to lead a more productive lives. Whether or not you vibe with the whole BuJo "movement," the habit tracking aspect of it can be very useful in your life. But how does a **habit scorecard** help you? And how do you even use habit trackers?

A habit scorecard can help you analyze your current habits, even ones you may not even be aware of. It's important to begin by assessing your current situation and then developing a habit system that will help you become the person you want to be. These two steps can also help you create routines that you can stick to.

However, getting started might be frightening, especially with the internet flooded with aesthetic habit trackers and so many different ways to do the same thing. So, which one do you choose? We'll go over all of this and more, to help you use a habit tracker to your advantage. Let's begin.

What Is A Habit Scorecard?

A habit scorecard is a fun little activity described in the Atomic Habits book, written by James Clear. It is a way of analyzing your existing habits and figuring out how you tick naturally. While some habits are more obvious, there are also subtle activities that we do every day that we often overlook. This scorecard will help you notice them.

All you need to create your habit scorecard is a pen and paper. Begin by listing down all the activities or habits that you do every single day. Yes, this includes things like waking up, brushing your teeth, making your morning coffee, or even sitting in front of the TV screen for 2 hours. Note down everything you do in a day, starting from when you wake up to when you sleep.

You can choose to be as concise or as detailed as you want. But James Clear recommends going into details so that you can analyze your daily routine. Once you have a good list down, you're going to "score" each of your habits. There are 3 scores: good (+), bad (-), and neutral.

When you're scoring each habit, think of the kind of person you wish to be. If your habits are beneficial to that identity, they should usually get a + score, and if the habit is taking you further away from your desired identity, then that's a - score. Anything else is usually going to be neutral.

Why Do You Need A Habit Scorecard?

The goal of the habit scorecard at first isn't to change anything, it's just to be aware of your existing habits and how they affect you. The first step to leading a more efficient life is to be aware of yourself. The scorecard simply makes you notice what's going on and can help you figure out why you do the things that you do.

When you have been performing an activity long enough, it often becomes so automatic that we overlook it completely without ever questioning why we are doing it. The habit scorecard is designed to bring these to your attention.

There's no need to be judgemental of yourself with your scorecard. Don't be too hard on yourself if you're seeing too many negatives, and similarly, don't praise yourself too much for finding good habits as well. Try to be as unbiased as you possibly can. It is simply analyzing your routine.

This exercise will help you acknowledge yourself and also recognize cues that might trigger your habits. These cues and triggers are what you can use to change habits or use them in a way that will benefit you.

What Is The Circle Habit Tracker?

Now that you've analyzed your existing habits, you can move on to introducing new habits into your routine. Using circle habit trackers is a great way to do that. A circle habit tracker can be of different types, but it's usually a circle divided into 30 sections, each representing a day of the month. You can further divide each of those sections to represent a habit.



Circle habit trackers are just a variation of your regular x-y axis habit trackers. They have the same purpose. They are simple and effective, and there are so many different ways to customize them.

Especially if you use them in your bullet journal, using circle habit trackers gives you a lot of creative freedom. You can make hundreds of designs and create aesthetic spreads.

Each "box" within your section will usually represent a single habit. You can have as many or as few habits as you want in your tracker. You don't always have to use a 30-day tracker either; just reduce the number of sections to customize it for a week or even create yearly trackers to track monthly habits.

How Do You Use The Circle Habit Tracker?

Using the circle habit tracker is pretty easy. Whether you're tracking existing habits or introducing new ones, all you need to do is fill the habit "boxes" every day. You can color the box in or use tick marks or stickers or whatever suits your fancy. You fill each of the boxes in whenever you've completed or performed the activity you're tracking.

Let's use an example to further clear things out. Suppose you want to work out every day and drink five glasses of water. So these two habits would have separate, dedicated rows for them on your circle habit tracker, one box for each day of the month.

On the first day of the month, you felt very motivated and managed to get up early in the morning to work out. So you color that box in or put a cross mark on it to signify that you've worked out that day. You also drink five glasses of water a day, so you tick that box out too.

But as the days go by, your motivation runs out. Suppose on the 5th day of the month, you did a workout, but you forgot to get your 5 glasses of water. So you would mark the workout box, but the water box would be empty.

Once you stick to this, by the end of the month you'll have a clear idea of how well your habits are sticking. If you see a lot of ticks, it means you're doing a good job and it'll soon become an automatic habit. If the boxes are empty, however, you can see that you're having a hard time forming this particular habit. You can then take measures to improve it.

How Do You Create Habit Trackers?

Creating habit trackers is pretty easy. You have a lot of freedom with the customization, and there are plenty of ways to do it. If you use a bullet journal, all you need to do is get a compass to draw your circle and then divide it off into sections for your habits. Think beforehand about how many habits you want to track.

You can get as creative as you want with this, and there are plenty of pictures online for reference. Since you're going to be making this just once every month, it's not that time-consuming. Or you can just print out templates and use them as well. Especially for the habit scorecard, a template works well.

However, if you're not one for sitting down and drawing your habit trackers, there are plenty of apps available online as well. [Check out Demigod](#) to track your habits with just a simple tap on the screen.

Conclusion

Now that you know all about **habit scorecards** and habit trackers, you can start being more aware of your daily habits. You might not realize it, but as you do these activities every single day, they affect you in the long run in the best way.

So, analyzing, creating, and sticking to your habits is a great place to start if you want to achieve your goals more effectively.