

ACCOUNTABILITY HABIT TRACKER

THE 8 DOMINOS OF LIFE

7 - DAY TRACKER

	MON	TUES	WED	THURS	FRI	SAT	SUN
 1	☐	☐	☐	☐	☐	☐	☐
 2	☐	☐	☐	☐	☐	☐	☐
 3	☐	☐	☐	☐	☐	☐	☐
 4	☐	☐	☐	☐	☐	☐	☐
5 	☐	☐	☐	☐	☐	☐	☐
6 	☐	☐	☐	☐	☐	☐	☐
7 	☐	☐	☐	☐	☐	☐	☐
8 	☐	☐	☐	☐	☐	☐	☐
	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8

“Keep stacking.
Keep aligning.
Keep pushing forward.
Come back to these
dominos every week.”

TOTAL: _____ / 56

ONE DAY AT A TIME.



1

BODY

Your body is the vehicle that carries you through life, and the care you give it determines how well and how long it will perform. By maintaining and strengthening it, you ensure a smoother journey toward your goals.



2

HEALTH

Health is priceless, and no amount of money can replace the care your body needs. What you eat shapes your long-term well-being, so it's up to you to learn what truly nourishes your unique body.



3

HAPPINESS

Chasing happiness only left them feeling emptier, because it isn't something you capture—it appears when you live with purpose. When they focus on growth and meaning, happiness naturally finds them along the journey.



4

LOVE

People often discover the meaning of love through their relationships—by giving their best to the connections that help them grow and letting go of those that no longer do. In the end, love is about quality, not quantity.



5

WORK

Just as people once had to hunt daily to survive, today we must work consistently to earn the life we want. With endless tools available, daily grinding has become essential in the modern world.



6

WEALTH

Wealth comes from planning ahead—through smart investments, strong connections, or the right mentorship. It grows slowly over time, built by the strategic choices you make today for a better future.



7

SPIRITUALITY

Just as we sleep to recharge, we also need habits that refill our spirit—each person in their own way. You can feel the difference between a full and empty spirit, and rebuilding it takes patience and consistency.



8

SOUL

We eagerly invest in growing our money but often overlook investing in our deeds—the only returns that matter in an eternal afterlife. Think of counting every grain of sand in the Sahara; that vastness is just a glimpse of forever.