

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

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**Little wins
compounded daily
lead to big wins
in life.**

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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. What are you doing daily to help maintain and strengthen your body to 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 do you consume daily that nourishes your body and shapes your long-term well-being?



3

HAPPINESS

Chasing happiness only leaves people feeling emptier, because it isn't something you capture, it appears when you live with purpose. What type of self-care routine do you perform daily that focus on your growth as an individual?



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. How are you building the relationships that matter to your future self?



5

WORK

Just as people once had to hunt daily to survive, today we must work consistently to earn the life we want. What are you doing daily to earn an income that sustains your ideal lifestyle?



6

WEALTH

Wealth comes from planning ahead. Through smart investments, strong connections, or the right mentorship. How are you investing daily in growing your network or investing to grow your generational wealth?



7

SPIRITUALITY

Just as we sleep to recharge, we also need habits that refill our spirit; each person in their own way. Spirituality is about grounding yourself and harnessing that energy. What are you doing daily to keep yourself recharged and balanced in this hectic world?



8

SOUL

We invest daily in trying to find a way to make our money grow, but what about our deeds? What about this afterlife that was promised if we put more good into the world than bad? How are you giving from what you were given in order to build your paradise?