How To Track Your New Habits & Make Sure They Stick

By Matthew Turner

As part of The Successful Mindset (Habit Series)

Whether you wish to create a new habit or replace an old, outdated one, ensuring it ‘sticks’ and becomes part of your everyday is no easy feat. In the beginning it’s easy, but you reach a point (after days, weeks, or even months) when your willpower fails and complacency kicks in.

This periods sends you back to square one, as a habit only becomes habitual through time and repetition.

There’s no easy solution to this, but ‘tracking’ your habits increase the likelihood of success. There are many ways you can track your habits and ensure they ‘stick’, and in this short guide I share some of my favourite tools, apps, and tactics that helped me take control of my own.

Because until you take control of your habits, they WILL continue to control you.
THE MANUAL APPROACH

If you’re the type of person who likes to take the DIY approach and have complete control at all times, the following suggestions may be ideal for you.

Your Notebook:

This is the easiest approach if you wish to tailor the experience around you and your needs. Simply record the information you wish to record in a small notebook (ideally one that fits in your pocket / bag). My personal notebook of choice comes from Moleskin. I love them. Just make sure you get one that includes a separate page for each day of the year. This makes tracking your habit(s) much easier.

==> Learn More Here.

Evernote:

If you prefer to work off your phone / laptop, you may like to use a tool like evernote. Connected to the cloud, you can update things at any time. I'm a huge fan of Evernote, and if I wish to tailor the entire experience and record things online, this is my go-to tool.

==> Learn More Here.
Google Drive:

Recently, I’ve started to use Google Drive more than Evernote. When it comes to creating a virtual notebook, Evernote is still the best option (in my opinion). But what I love about Google Drive is the ability to create simple word documents, spreadsheets, and so much more (all in one place). This gives you a lot more flexibility moving forward, as you tackle one habit after another.

==> Learn More Here.

Monthly Desk Pad:

There are many ways to track your habit, and sometimes the best option is the most simple. Taking the Jerry Seinfeld route may be ideal for you, which basically involves you placing a red cross on each day you fulfil your habit. A big desk calendar like this one is ideal, as it’s hard to miss. So simple, but why complicate things when you don’t have to.

==> Learn More Here.
The Pavlok:

A sure way to speed up your success is to involve a negative experience (such as a mild electric shock). This is where ‘The Pavlok’ comes in, as it allows you to ‘zap’ yourself every time you’re tempted to give into your temptations. Coupled with its mobile app, you not only track your habit (and better understand it), but tackle it in a fraction of the time.

==> Learn More Here.
THE AUTOMATED APPROACH

If you’re the type of person who likes to automate as much as you can, so you don’t rely on you and your own willpower, the following suggestions may be ideal for you:

Coach.me:

Available as both a mobile and desktop app, coach.me may be the most complete of all habit applications. Simple to setup, and even more so to maintain. You simply decide what your habit is, set your weekly goals and reminders, and then update the app each day. You can even make notes, take part in the coach.me community, and hire a private coach to help you on your way.

==> Learn More Here.

Habitica:

Available as a desktop app, Habitica approaches your habits as a ‘game’. A fun and quirky alternative to something like coach.me, but the outcome is the same. You track your habit, make notes, build momentum, and if you like, join the ever-evolving community and discussion. Simple, quick, and very fun.

==> Learn More Here.
Fabulous: Motivate Me:

Available on Android only, this isn’t for everyone. But ‘Fabulous: Motivate Me!’ takes a more scientific approach than most. Still simple to use, and the design of this tool is, well…. Fabulous. As an iPhone user myself, I haven’t used this app. I hear great things though, and I love the look of it.

==> Learn More Here.

Chains:

Chains is as simple as it comes, and focusses on one thing: do not break the chain. In other words, this is about you stacking up the days and gaining momentum, so you turn your habit into a ‘true habit’ quicker. So simple to use, and offers some wonderful visual motivation. Definitely worth checking out.

==> Learn More Here.
**Strides:**

If you plan to tackle a lot of habits moving forward (across various aspects of life, such as fitness, work, finances, etc...) then this may be the tool for you. It's in-depth and focuses largely on detail, so if you want quick and simple, this might not be what you’re after. But if you’re data junkie, check it out.

==> Learn More Here.

**Happy Scale:**

Happy Scale focuses solely on you losing weight, so not applicable for a lot of habits. But if you’re focussing on your health, diet, or weight, this could be right up your street. It helps you create a keystone habit of checking your weight each day, and helps you make real progress over the weeks and months ahead. If you’re fed up of your fluctuating weight, this is a great tool to have on your phone.

==> Learn More Here.
Don’t Break The Chain:

This offers the same approach as ‘Chains’, but offers a simple web-browser function. Overall, this is a virtual alternative to a wall or desk calendar, so if you want to replicate Jerry Seinfeld, you may like to bookmark this in your browser and check-in each day.

==> Learn More Here.

Way of Life:

Available on both IOS and Android, this is another great ‘all-round’ habit breaking app. It offers lots of charts and visuals, and allows you to dive deep into the date (if you’re into that sort of thing). More detailed than some, but like I say, there are people in this world that loves data and stats. If you’re one of them, this may be the app for you.

==> Learn More Here.
Habit Seed:

Such a simple and beautiful app that turns your habit tracking into a visual extravaganza. You plant your habit’s seed, and watch it grow into a flower as the days and weeks tick by. This doesn’t offer the detail that most apps do, but it does simplify the whole process and helps you focus on the ‘big picture’.

==> Learn More Here.

Goal Streaks:

Like other apps, the approach here is simple: *create a chain and stack the days*. Focus remains on you persevering and making progress at all times, and it achieves this with great visuals and useful reminders. Simple to use, and the perfect solution for many.

==> Learn More Here.
Exist:

If you desire to not only track your habits, but keep things like time management, goals, internet use, work productivity, and so much more under one roof, be sure to check out ‘Exist’. This WILL overwhelm many people, and if you wish to simply get going and tackle a single habit, you may want to stay clear. But if you love your data and ‘personal growth hacking’, this could be the tool you’ve been looking for.

==> Learn More Here.
THE COMMUNITY APPROACH

If you’re the type of person who appreciates you need help (and can only achieve so much on your own), the following suggestions may be ideal for you.

**Facebook / Social Media:**

My friend Akash Karia creates a daily Facebook Status that declares what he has done that day (a simple breakdown of his core tasks). These change over time, depending on what habit(s) he’s trying to crack. But the point is he keeps himself accountable by writing this down each day and sharing it with his friends and followers. You don’t need to do this on Facebook, of course. You could use almost any social media platform. But involving your journey with others is a great approach, so you may like to follow Akash and see how he does it (if you’re like me, you may leave rather inspired).

==> [Learn More Here](#).

**43 Things:**

43Things is a goal setting community and a great way to share and keep track of your habits. It’s easy to lose yourself in yourself, but signing up to something like ‘43 Things’ makes you part of something ‘bigger’. Who knows who you will meet, but the very notion of involving others is sure to help (plus, you’re bound to learn a lot from other people at the same time).

==> [Learn More Here](#).
**Stickk:**

I love this approach. Not only does it utilise community, but encourages you to put your money where you mouth is. This certainly makes things interesting, and if you’re the type of person who likes a challenge, hates to fail, and loves to gamble, then joining the ‘Stickk’ community may be ideal for you.

==> Learn More Here.

**Life Tick:**

If you’re not the only one looking to track your habits, ‘Life Tick’ could be the ideal solution for you. Maybe you wish to do this with others (friends, family, colleagues, etc…), or maybe your habit-to-be involves the entire household/workplace. If it does, check out this community and create a ‘bigger picture’ that everyone can get on board with (and more important, get involved with).

==> Learn More Here.
Pavlok Coaching:

As well as producing great habit breaking hardware, ‘Pavlok’ has taken human behaviour by the scruff of the neck. After working with thousands of busy people, they learned that most folk need help. So, they teamed up with Coach.me to provide a personal coach who will help you not only track your habit, but commit to it. It’s a great service, and one you may like to check out.

==> Learn More Here.

Accountability Partner:

Of course, you don’t need to sign-up to something like ‘Pavlok Coaching’ to have your own coach. You know lots of people, I’m sure, and chances are some of them have similar goals to you. So reach out to them and suggest an accountability partnership. You don’t need to do this on your own. There’s no pride in suffering on your lonesome. Involve another, and make this whole journey more enjoyable.

Now you have finished this list, it’s vital you learn one very important fact: these tools, apps, and techniques ARE NOT exclusive to one another. You can use more than one of these for the same habit. You can mix up a manual, automated, and community approach.

Indeed, you should mix things up.

You and your habits are unique to you. The difficulties you face are yours to own, so it’s important to find a process to Track Your Habits in a way that suits YOU.

As such, this guide only scratches the surface. You may now know all about the tools you can use, but what really matters is HOW you use them. And if you would like to know how to use them like the best-of-the-best do (so you not only save time, but ensure your habits stick), I have something for you.

It’s a private workshop that takes all this to the next level. Its free, intimate, and full of value.

It also includes a step-by-step breakdown of my favourite Habit Stacking Technique.
It’s a game-changer you will love, so if you’re ready to take control of your habits and ensure they stick, be sure to join me on This Exclusive (private) Workshop >>

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How To Track Your New Habits & Make Sure They Stick

*(THE LIVE WORKSHOP)*

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