

The Momentum Tracker

FREE ZESTIZM RESOURCE

Big change does not come from one big action. It comes from small steps repeated daily. Momentum is steady. It does not require hype. It grows quietly through repetition. One small step, then another, creates a loop of evidence: I did this yesterday, I can do it again today. And that loop is what actually changes lives.

Read the full blog post on [Momentum over Motivation](#).

Use this simple tracker to see your progress in black and white.

How to Use It

1. **Choose one habit or step.** Keep it ridiculously small – e.g. one line in your journal, one glass of water, one mindful breath.
2. **Track it daily.** Each tick is evidence that you followed through.
3. **Notice the wins.** At the end of the week, reflect on how the evidence feels.

Why This Works

Psychologists call this **self-efficacy** – the belief that you can follow through. By tracking your steps, you create visible proof. That proof builds confidence, which makes the next step easier. Over time, the evidence outweighs self-doubt.

Weekly Momentum Tracker

Day	My Small Step	Done ?	Notes (How I Felt / What I Noticed)
Monday		☐	
Tuesday		☐	
Wednesday		☐	
Thursday		☐	
Friday		☐	
Saturday		☐	
Sunday		☐	

Reflection Prompts

- When did I find it easiest to complete my step?
- What barriers got in the way, and how did I respond?
- How does it feel to see my evidence in front of me?
- What one adjustment will I make next week?

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