DOT System For Tracking Rituals

The DOT system is one of the simplest and most powerful methods of tracking daily rituals and keeping yourself accountable for the goals you set. To use the DOT system tracking sheet all you need to do is list the activities that are most important to you in the appropriate sections and update the sheet at the end of each day by clicking or filling in the dots.

DAILY RITUALS																															
	Week 1						Week 2						Week 3					Week 4													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31



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WEEKLY RITUALS											
	1	2	3	4							

MONTHLY RITUALS

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