

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
Gym Session																															
Meditation																															
Gratitude Journal																															
Set Daily Top 3 Goals																															
Visualise New Me																															
No Alcohol																															
5M Journal																															
25M Tomato																															
Podcast Material																															
10M Visualisation																															
1 Hour Hustle																															



Accountability
Find Your Tribe

WEEKLY RITUALS				
	1	2	3	4
Reflection on Week				
Date Night				
Set Goals				
Weekly MM Meeting				

MONTHLY RITUALS	
Read Vision & Goals	
Set Theme	
Set Goals	
Do Reflection	
Review Metrics	

We're building a platform that makes online mastermind sessions effortless

accountability.io