



Kaizen + Ikigai 14-Day Habit Tracker

Day

Micro Habit

 Done

- 1 Do a 1-minute action toward any goal (write, stretch, plan, etc.)
 - 2 Journal about what makes you feel most alive
 - 3 Reflect: Which of your goals feel misaligned with your values?
 - 4 Draw your Ikigai diagram (or revisit it)
 - 5 Do a habit that takes less than 2 minutes
 - 6 Track a tiny habit using a checkbox
 - 7 Use the PDCA method (Plan, Do, Check, Act) on a small task
 - 8 Journal: What do people often ask you for help with?
 - 9 Rate a goal using the Ikigai model (1–5 scale for each category)
 - 10 Write a short 5-year vision statement
 - 11 Break down a big goal into 3 steps (1 yr, 6 mo, 3 mo)
 - 12 Set 1 goal you can complete in 7 days
 - 13 Stack a habit onto an existing one (e.g. after coffee, I'll...)
 - 14 Ask one person for feedback on something important
-



Weekly Reflection (Optional but powerful!)

1. What small habit felt easiest to maintain? Why?
2. Which habit brought the most meaning or clarity?
3. What surprised you about your motivation or energy this week?
4. What's one thing you'll improve or adjust for next week?