

# Daily Habit Tracker

## My Tongue

“Let the words of my mouth and the meditation of my heart be acceptable in your sight,  
O Lord, my rock and my redeemer.” (Psalm 19:14)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>True</i> Words							
<i>Thankful</i> Words							
<i>Respectful</i> Words							

My Rewards and Consequences:

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## True Words

- About God

- Lie: This is the worst day ever! | Truth: \_\_\_\_\_
- Lie: This isn't fair! Truth: \_\_\_\_\_
- Lie: Everything is ruined! | Truth: \_\_\_\_\_

- About Mom and Dad

- Lie: You don't care about what's going on! | Truth: \_\_\_\_\_
- Lie: You hate me/don't love me! | Truth: \_\_\_\_\_
- Lie: You never listen! Truth: \_\_\_\_\_

- Truth About Myself

- Lie: I can't! I give up! | Truth: \_\_\_\_\_
- Lie: I'm horrible! I hate myself! | Truth: \_\_\_\_\_

## Thankful Words (Everything we have is a gift, even the things we don't always like.)

- Gifts from God: \_\_\_\_\_
- Gifts from Mom and Dad: \_\_\_\_\_
- Gifts from Others: \_\_\_\_\_

## Respectful Words

- I can say, "Yes Ma'am/Sir," and obey right away instead of arguing or making excuses.
- I can ask for help politely instead of whining or complaining.
- I can raise my hand politely or say, "Excuse me," instead of shouting, "Wait!" or "Stop!"
- I can respond the first time someone speaks to me instead of ignoring them until I have to answer.
- \_\_\_\_\_
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