

7-Day Skill Practice Tracker

Pick one small step and repeat it daily. Consistency builds momentum.

Day	Today's Skill	Start	End	Time Spent	Result	Notes
Day 1					☐	
Day 2					☐	
Day 3					☐	
Day 4					☐	
Day 5					☐	
Day 6					☐	
Day 7					☐	

Tip: Keep tasks tiny. Example: "Outline 3 bullets for my 'Slow and Steady' blog post" — 15-20 minutes a day builds momentum.