



*the perfect*  
**HABIT TRACKER**  
*TO KILL TOXIC DIGITAL HABITS*

## For whom was this book written?

This book was written for anybody who aspires to take back control of their digital life so they can achieve more, be more present, experience pride, and fulfillment.

## The Problem

With the widespread use of screens, it's easier than ever to get lost in the digital world. Essential notions like time, sense of self, or even life purpose have been diluted through our modern society's noisy and intrusive tech.

Direct negative consequences are already massively observed on our productivity, mental health, and relationships.

## Our Purpose

Our purpose is to help you reach your goals and live the life of your dreams. We do this by sharing proven methods and hacks used by the most successful people.

## Before You Get Distracted

Hey, we know it's harder to focus nowadays...We have created a course to help you break free from your digital addictions: stop wasting time on social media, porn, video games,...and become the hero of your own life! Get the course at an early price here.

## How to Use This Book?

This book was created to be actionable, supportive, and motivational in helping readers break any digital toxic habit. It has been tested with severe digital addicts, and along with our course, the Digital Purge, it has produced incredible results.

Here are five guidelines to help you get the most out of the book and quit your toxic habit more easily:

1. Print it out so that you don't have to rely on a screen.
2. Keep it with you as much as possible.
3. Take the book seriously but don't be too hard on yourself.
4. Remember that breaking a habit is a long-term process, and setbacks are normal. What matters is that you keep moving forward.
5. If you have a support system or someone you trust, share your progress with them frequently.

Remember, don't get too caught up in your record or your failures. Deception and euphoria can disrupt your progress. The goal is not to achieve a perfect record, but to make progress towards becoming your best self.

To begin, complete the "Before You Start" section:

## Before You Start

**Toxic Habit #1:** .....

How will my life evolve if this habit continues to be out of control for the rest of my life?

How will my life evolve if I succeed in taking control over it?

**Toxic Habit #2:** .....

How will my life evolve if this habit continues to be out of control for the rest of my life?

How will my life evolve if I succeed in taking control over it?

**Toxic Habit #3:** .....

How will my life evolve if this habit continues to be out of control for the rest of my life?

How will my life evolve if I succeed in taking control over it?

## Example of Filled Habit Tracker

To help you fill your own Digital Habit Tracker, here is an example of someone trying to quit addiction to adult content:

		WHAT HAPPENED			WHAT'S NEXT	
DAY	YIELD TIME	WHAT DID I DO RIGHT BEFORE	INTERNAL TRIGGER(S) (how did I feel right before)	WHY DID I FEEL THAT WAY (external trigger)	WHAT CAN I DO NEXT TIME I FEEL THE SAME WAY?	HOW CAN I PREVENT MYSELF TO BE TRIGGERED?
1						
2	12:45h	<i>talking to my crush</i>	<i>rejected and lonely</i>	<i>my crush declined my invitation to hang out this week end</i>	<i>love myself more and not take things personally Make a list of things I'm proud about me</i>	<i>try to rely less on someone and build more emotional independence</i>
3						
4						
5	8:45h	<i>waking up</i>	<i>horny</i>	<i>wet dream</i>	<i>get out of bed as fast as I can</i>	<i>let my phone outside my room</i>
5	23:45h	<i>laying on bed scrolling instagram</i>	<i>lonely</i>	<i>picture of couple on instagram</i>	<i>Try to embrace loneliness or texting a friend</i>	<i>Limit access to instagram when I feel lonely</i>

## How to fill the tracker?

On the next page, you will find several blank trackers. Here's how to fill them out:

1. Write down the date and time of day that you yielded to your temptation. Begin with day 1. If you didn't yield on a particular day, you can mark it with a green pencil, for example. If you did yield, create another column with the same day (you'll notice there are two columns with day 5, for instance).
2. Write down what you were doing before you yielded. This will help you identify any bad habits or triggers.
3. Write down how you were feeling before you yielded. This will help you identify emotional or internal triggers.
4. Write down what caused you to feel that way.
5. Write down what you could do differently the next time that situation arises.
6. Write down how you can protect yourself from your triggers.

