Automating writing tasks (making them a habit) can help you build momentum on your research writing projects, ease writing-related tensions, and serve as the basis of a healthy, sustainable writing practice.

CSU Writes

Habit Tracker: 3 months / 4 research-writing habits

Start modestly with a small number (4) of habits (and seemingly easy-to-do) for clarity of purpose and intention. Easy-to-do habits will lead to stronger habits and to greater success over time as you add, build, and maintain. Describe each habit and its importance below. Determine how many days you will perform this new habit (week-days = 20-ish days or everyday = 30-ish days) and set your "days/goal." Transfer habits to the Monthly Tracker. **X each day you show up and perform your new habit.** At the end of the month calculate your total. **Consider:** How close were you to your goal? Have you mastered the habit? Do you feel ready to add to your habit? Do you wish to increase duration, production, or intensity? **CELEBRATE successes!** Continue to the next month; continue refining, adding, and practicing. **Remember**: strong research writing habits are the basis of every knowledge-worker's and academic's successful career. **What you "automate" or make habitual will build your research writing practice and sustain you over time.**

Habits for Month of _____	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	total	days/goal#
Write for 30 minutes/day, each week-day	x	x	-	-	x	x		x	x	-	-		x	x		x	-	-	x	x	x	x	x	-	-	x	x	x	x	x	-	19	22
1.																																	
2.																																	
3.																																	
4.																																	

Habits for Month of _____	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	total	days/goal#
Write for 60 minutes/day, each week-day																																	
1.																																	
2.																																	
3.																																	
4.																																	

Habits for Month of _____	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	total	days/goal#
Write for 90 minutes/day, each week-day																																	
1.																																	
2.																																	
3.																																	
4.																																	

Key: **x** successful habit day. **–** no habit scheduled. ❑ blank = missed habit

Habit 1: _____

Why is habit #1 **important**? _____

Habit 2: _____

Why is habit #2 **important**? _____

Habit 3: _____

Why is habit #3 **important**? _____

Habit 4: _____

Why is habit #4 **important**? _____

CSU WRITES
COLORADO STATE UNIVERSITY