



Simple Goal Tracking Framework

Good goal tracking isn't about collecting more data.
It's about paying attention to the small patterns that quietly move your life in
the right direction.

Choose 1–3 Metrics That Matter

Effective simple goal tracking starts by narrowing your focus instead of
measuring everything at once.

Review Progress Weekly

Spend 10 minutes each week noticing patterns, friction points, and small
improvements before they become invisible.

Reduce Friction, Don't Chase Perfection

Simple systems work because they remain usable during busy periods. Make
tracking easy enough to continue consistently.

Look for Momentum, Not Dramatic Results

Better focus, calmer mornings, and steadier energy are often the first
signs progress is working, long before major outcomes appear.
