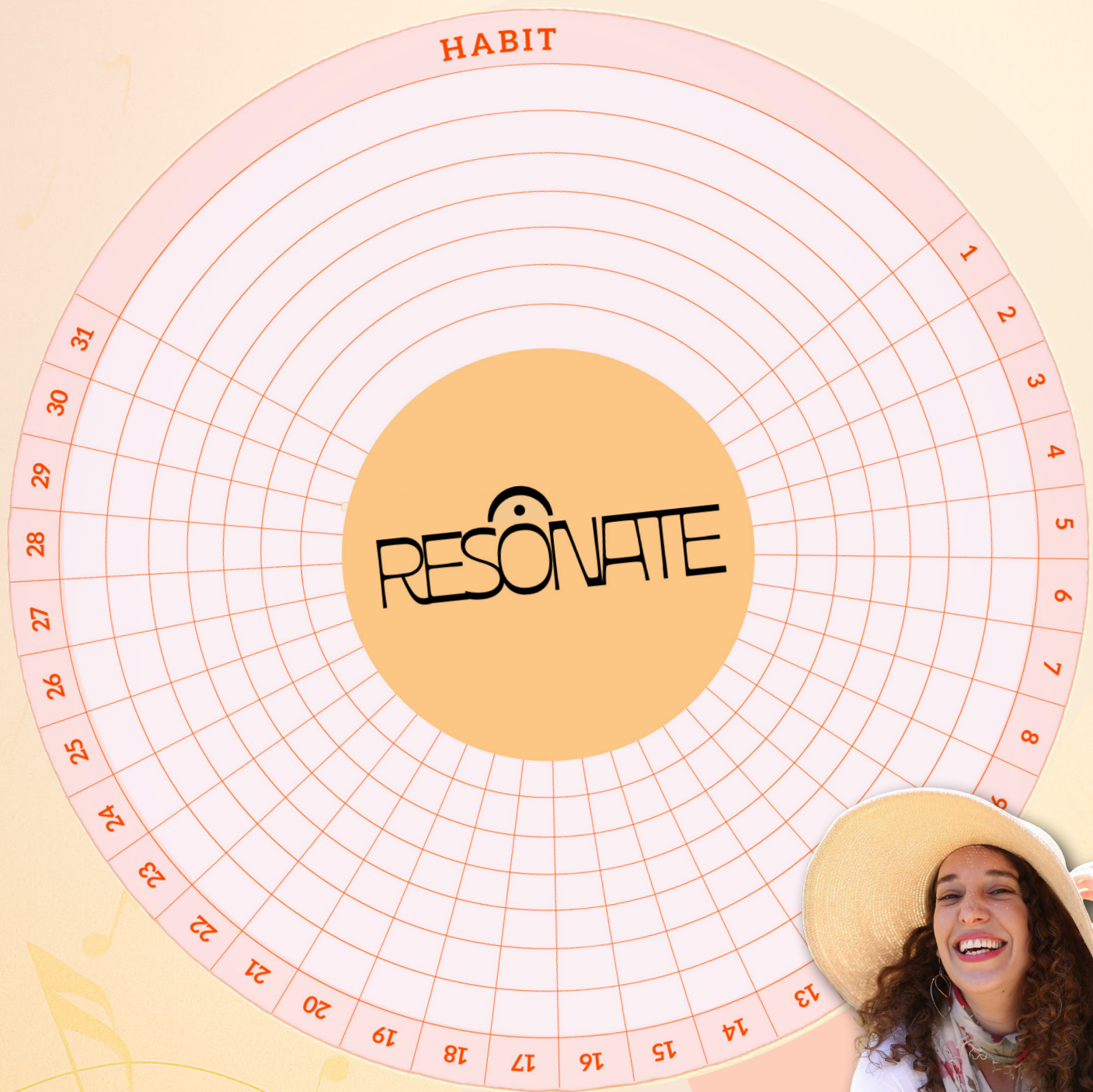


THE RESONATE HABIT TRACKER

A Daily Path to Your Dream Stage



Made with
love by

SHIRI MAGAR

Welcome, Amazing Singer Friend!

I'm so happy you're here!

This magical tool has truly changed my life,
and I hope it will do the same for you!

After just a few months of using this habit tracker, I
landed two contracts for my dream roles in beautiful
productions.

How did that happen?

By committing fully to the **PROCESS** of becoming the
best artist I can be.

Each day, I took small, meaningful steps to:
build my voice, **deepen** my musicality, **nurture** my
mindset, and put myself out there.

**Tracking our habits helps us FOCUS
on the process, REFLECT on our
growth, and EXPAND our artistry -
day by day.**



How to Use the Habit Tracker

Step 1: Your Northern Star - Set Your Goal



This tracker is designed to help you move gently and consistently toward your goals through small, daily actions we call **HABITS**.

To choose the right habits, you need clarity about where you're headed.



Let your **DREAM be your Northern Star, and your **HEART** - the compass that guides you there.**

Take a moment to **reflect**,
connect and **listen** within:

Where would you like to be
one year from today?

Set your goals. Dream big:)

How to Use the Habit Tracker

Step 2: Choose Your Habits

Now that you have set your **intention** – what daily actions will help you get there?



Here are some ideas:

- Practicing Singing
- Studying music
- Networking
- Mental health: meditation, visualization, journaling, dream board
- Physical health: yoga, Pilates, sports
- Improving your language skills
- Sight reading
- Playing piano
- Creating content for social media
- Acting skills

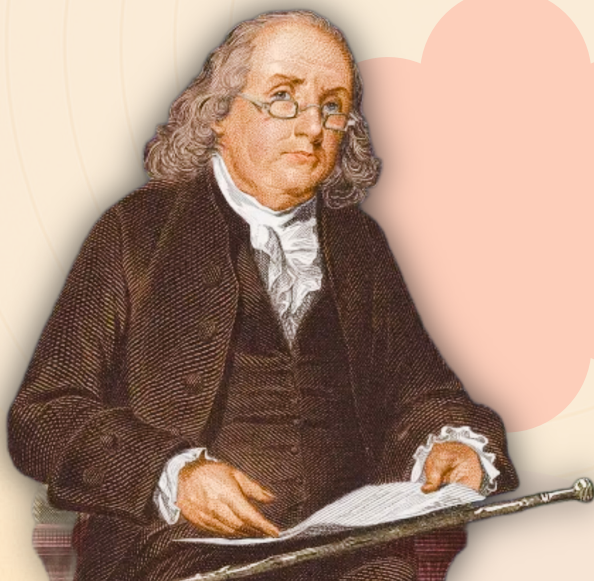
Feel free to create your own!

How to Use the Habit Tracker

Step 2: Choose Your Habits

I track 7 daily habits, which is why this tracker includes 7 rings, but you are welcome to add, subtract, or reshape it to **your unique journey**.

.....
And yes, it was **Benjamin Franklin** who inspired this system.
He tracked 13 virtues every day!



Special Tip:

Start small:)

Choose just a few habits which you can **dedicate time to daily**, and let your list grow with you over time.

How to Use the Habit Tracker

Step 3: Track Daily



Every night, before bed,
take a quiet moment to **reflect**.

What did I do today?

Where did I grow?

What do I need to improve tomorrow?



Then, fill in the boxes for the habits you practiced
that day.

I like using a **different color for each** habit.
It makes it more visual and fun!

Each tracker page represents **one month**.
The numbers around the circle are the
days of that month
(e.g., 1 = Jan 1st, 15 = Aug 15th).

How to Use the Habit Tracker

Step 4: Time for Growth



At the end of the month,
take a moment to look back:

Which habits did you practice most?

Which ones need more attention?

Are there any habits you'd like to add or change?

.....

Treat this tracker as a **gentle mirror -
helping you **grow awareness**, and become a little
bit better with every passing day.**

.....

Like nature, true progress takes time, care,
and consistency.

**Be KIND to yourself, and ENJOY this
BEAUTIFUL JOURNEY of self-discovery and
GROWTH.**

Your Journey Begins

Next, you'll find an example of a filled-in tracker, and then...

Your very own blank Resonate Habit Tracker:
a canvas for your dreams.

Enjoy your habit tracker,
and let it GUIDE YOU toward the artist and person you
DREAM of becoming.

"Without continual growth and progress, such words as improvement, achievement, and success have no meaning."

- Benjamin Franklin

About Me

My name is **Shiri Magar**, and I'm a professional opera singer with a **deep passion** for **sharing my journey** – and **helping** you find **joy, confidence**, and **success** on your path.

If you have any questions or need a little guidance, I'm here for you.

music.shiri@gmail.com



Let's Keep Growing, Together

If this tracker inspired you... here are a few beautiful ways to continue the journey:

Workshops

Join me **live** to build strong habits, prepare your mindset, and **grow** your artistry with **joy**.

[Click here to see upcoming workshops](#)

1:1 Mentoring

I offer a **limited number** of 1:1 sessions to help you clarify your path, strengthen your mindset, build a **confident** strategy, and **move forward** with **clarity** and **joy**.

[Click here for all the details](#)

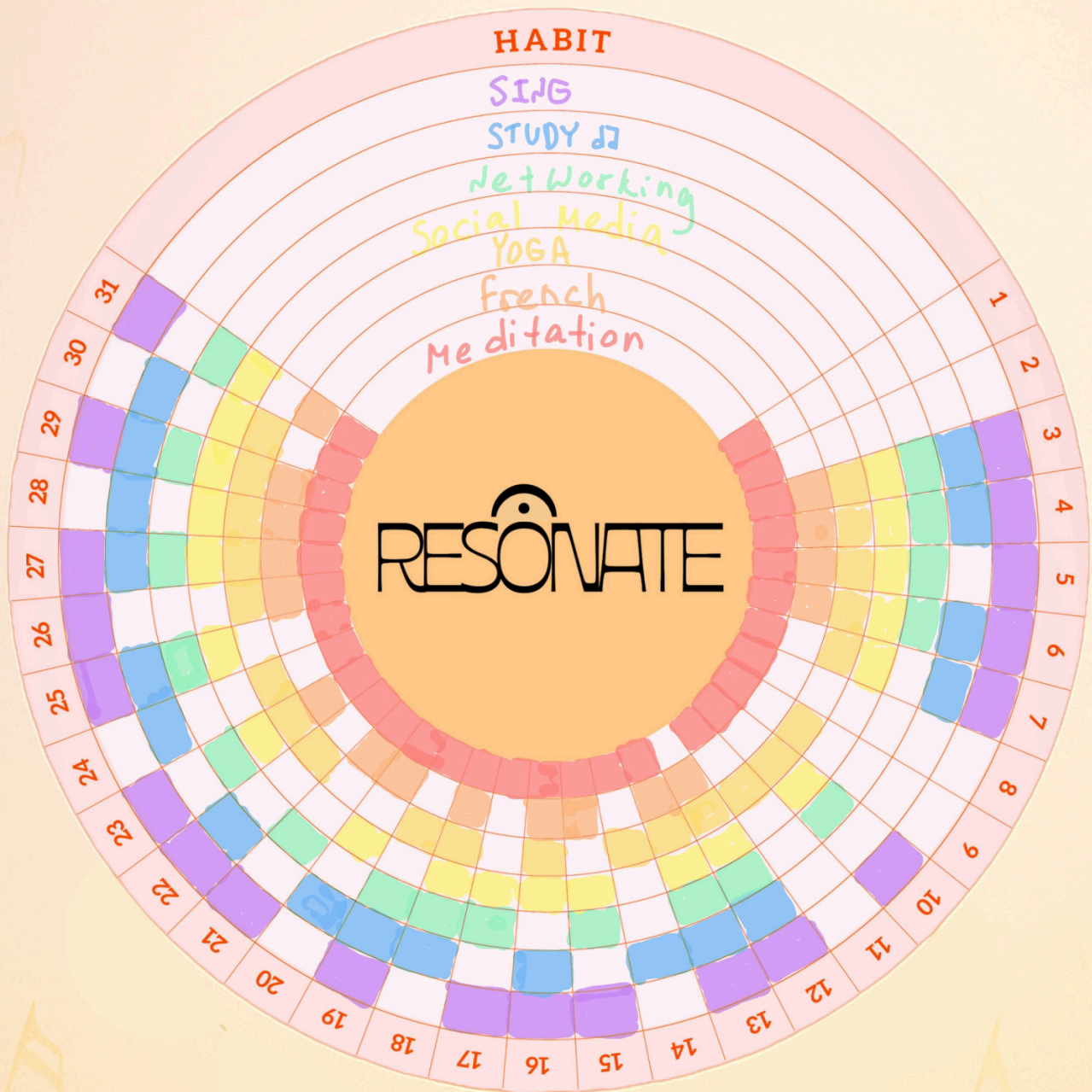
Join the Resonate Community

Connect with amazing singers, **share** your journey, and feel supported – you're not alone

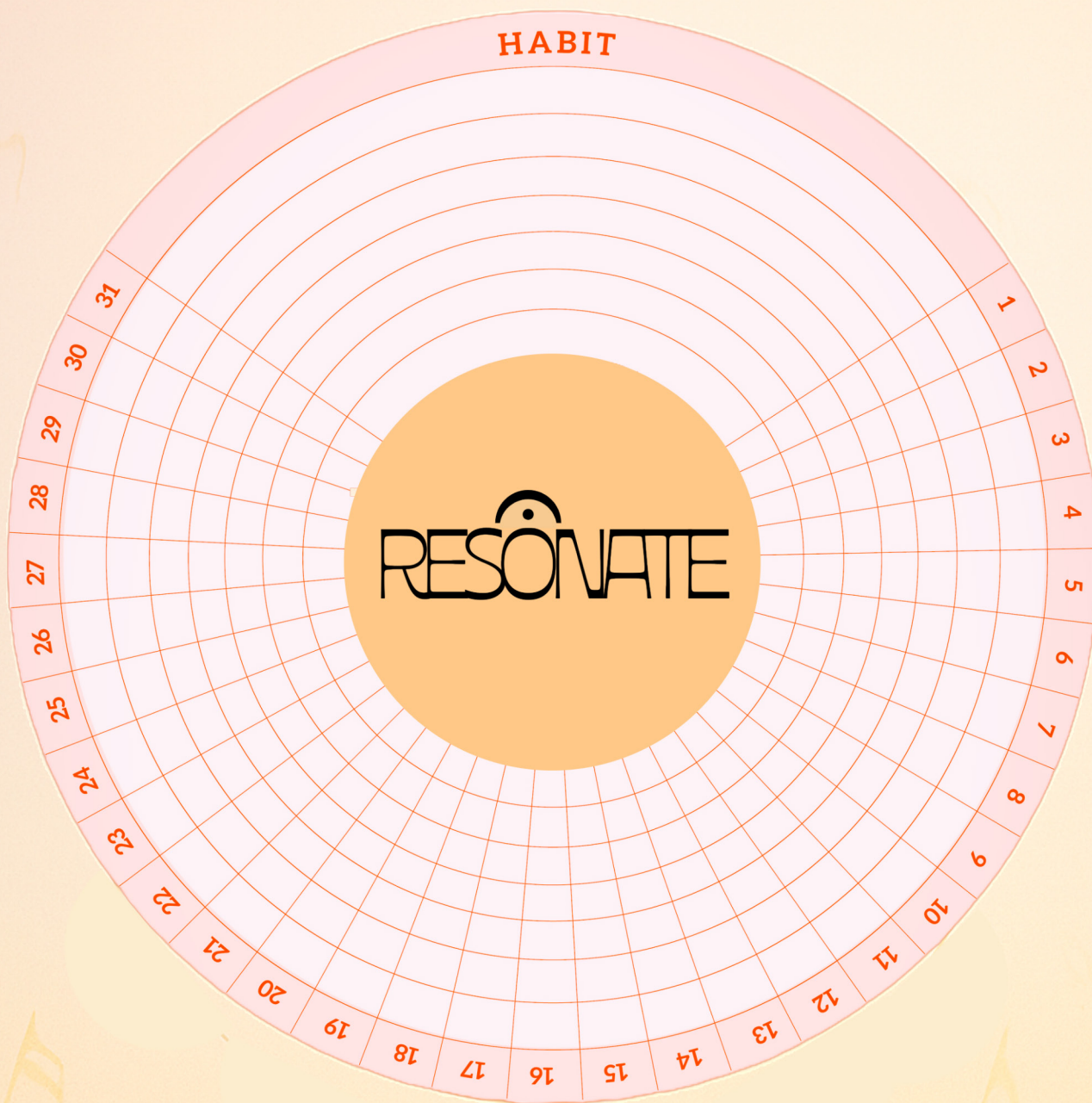
[Join our WhatsApp group](#)



Filled-in Example



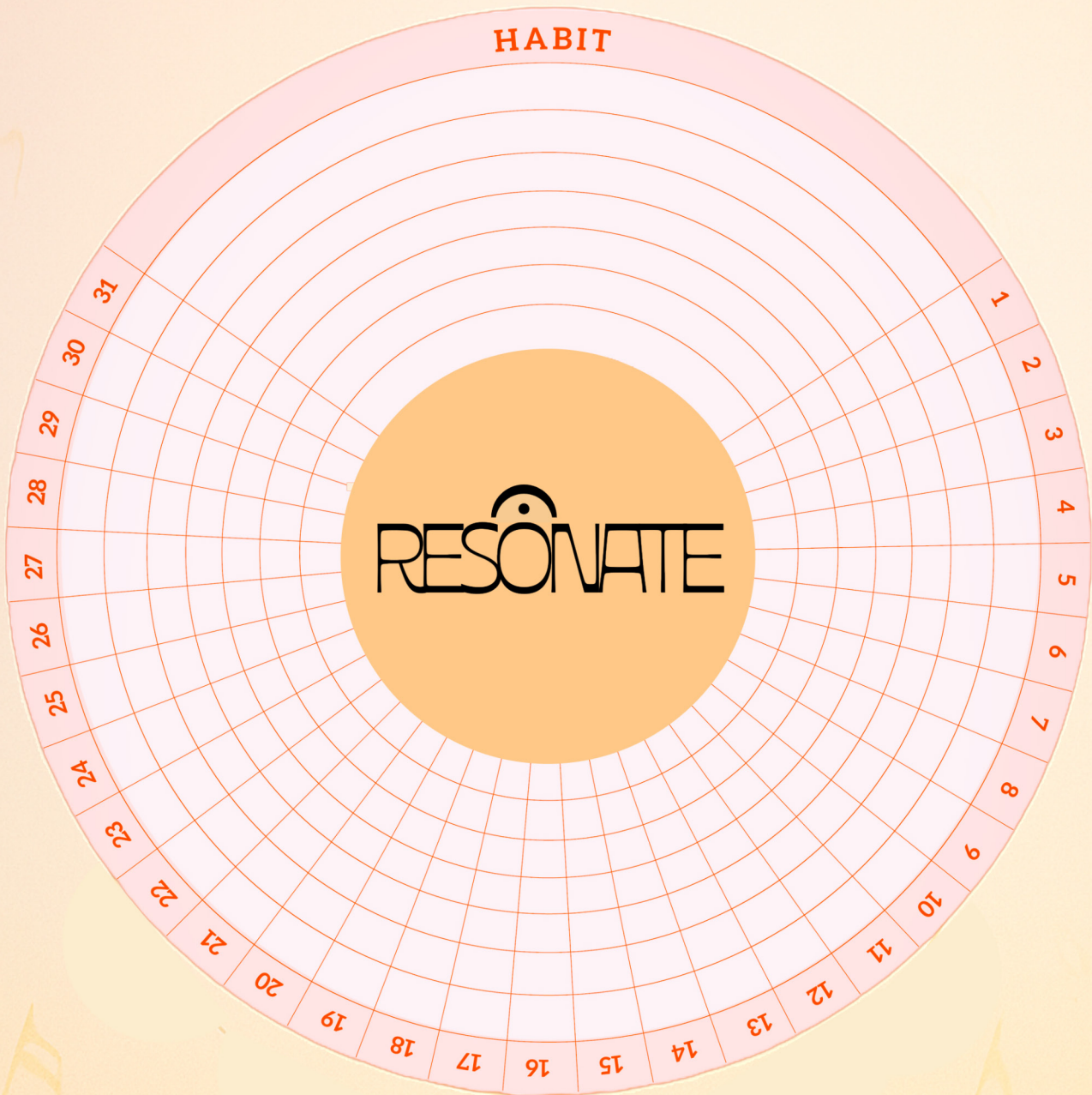
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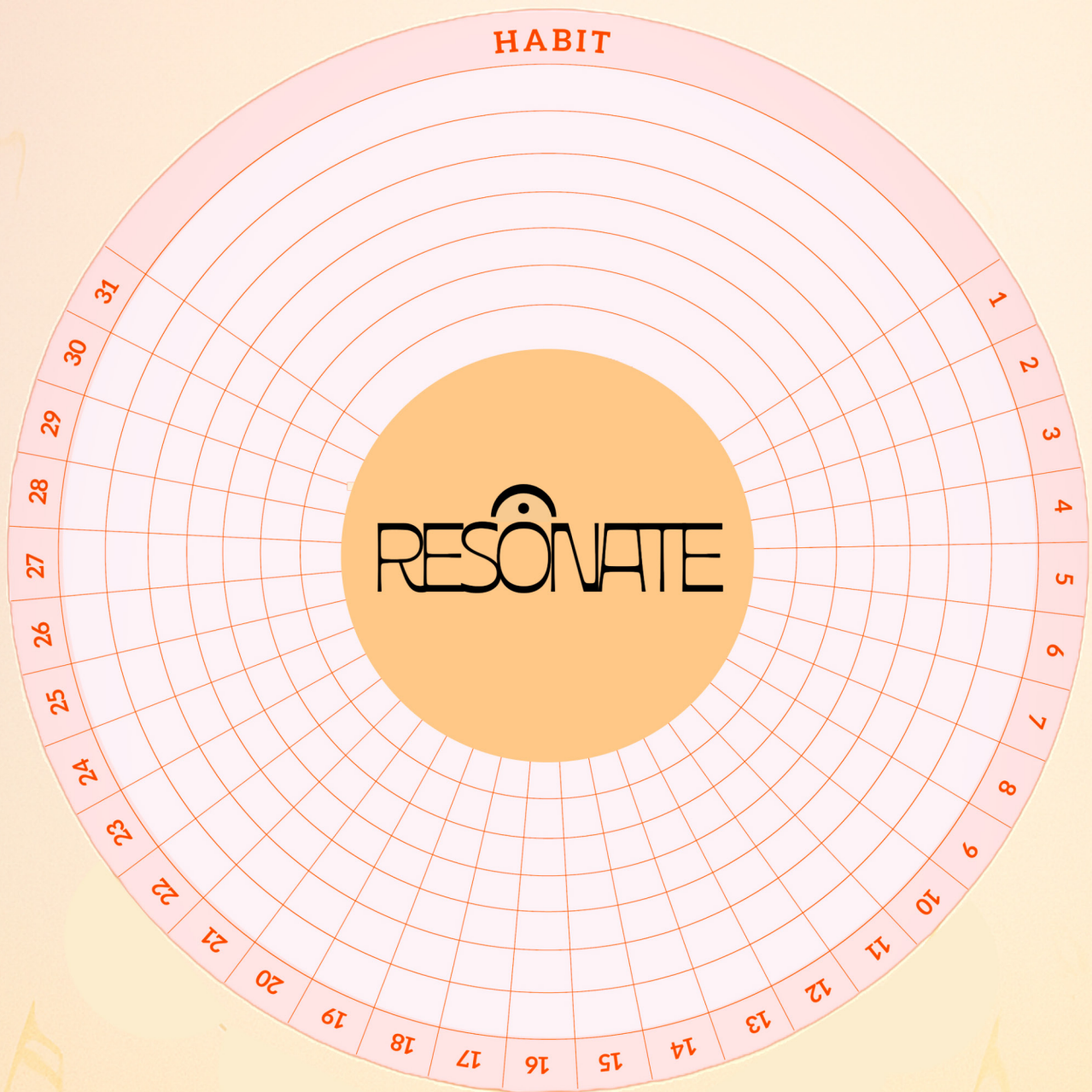
FEBRUARY

HABIT

RESONATE



MARCH



APRIL

HABIT

RESONATE

Day	Habit
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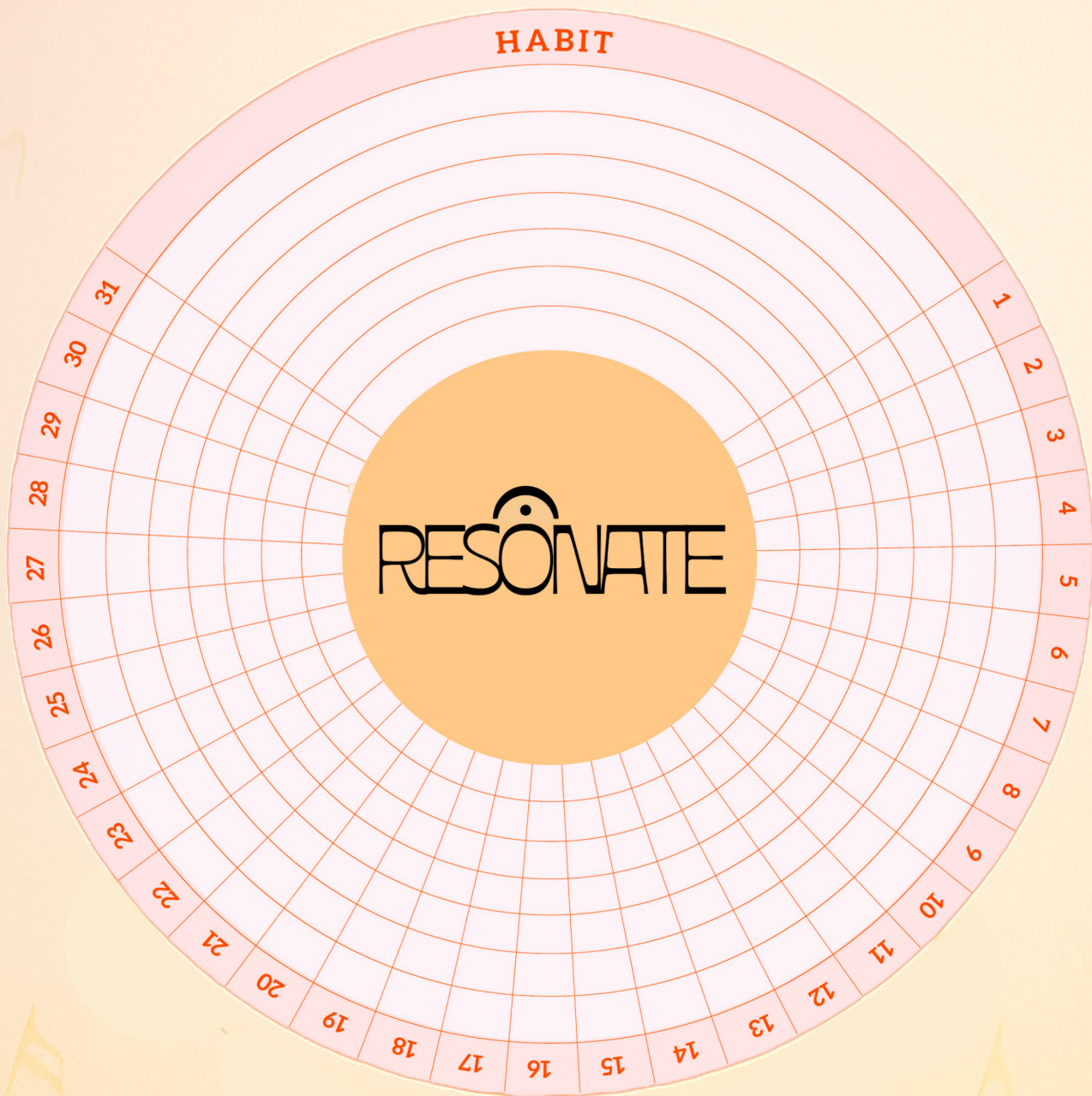
MAY

HABIT

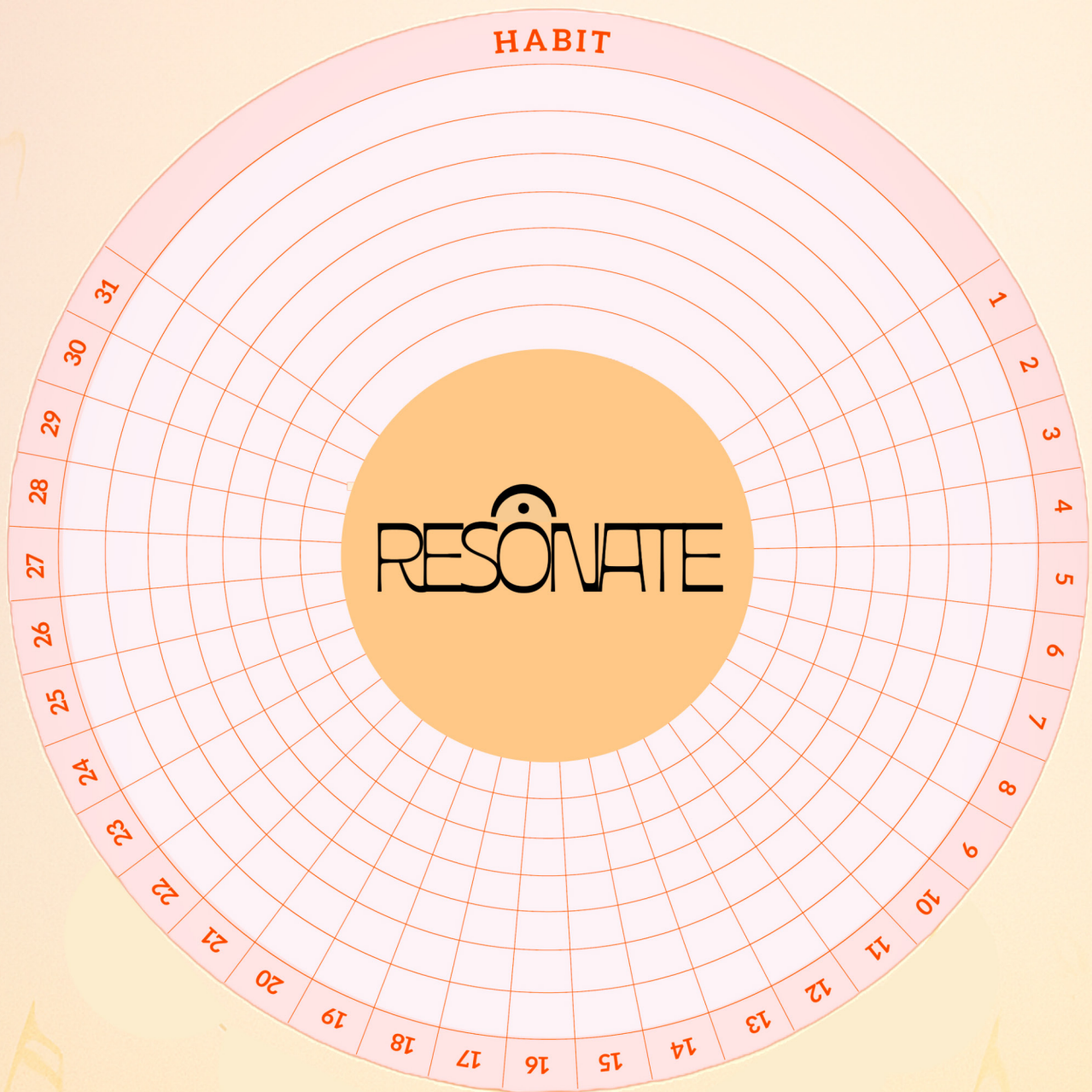
RESONATE



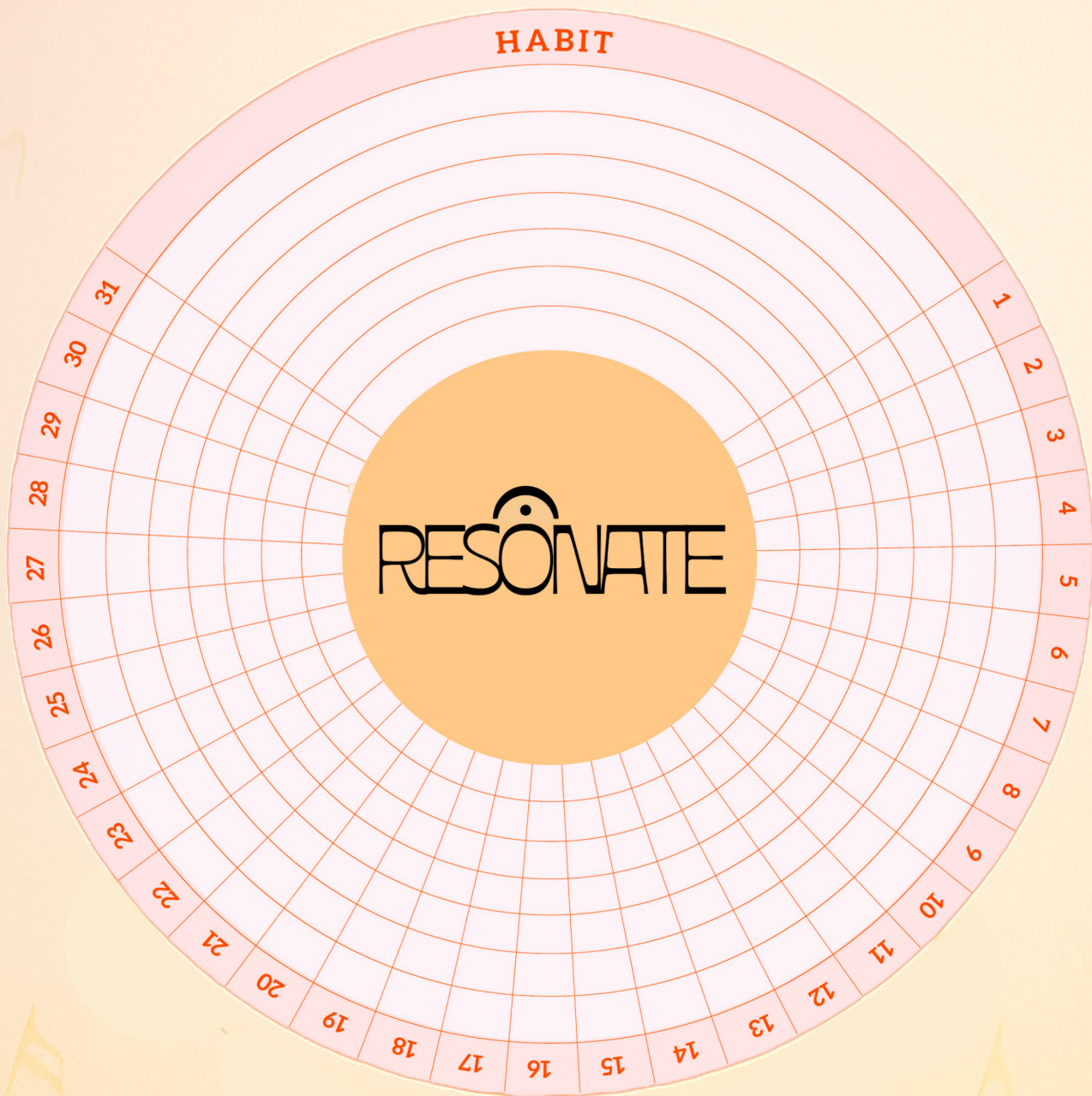
JUNE



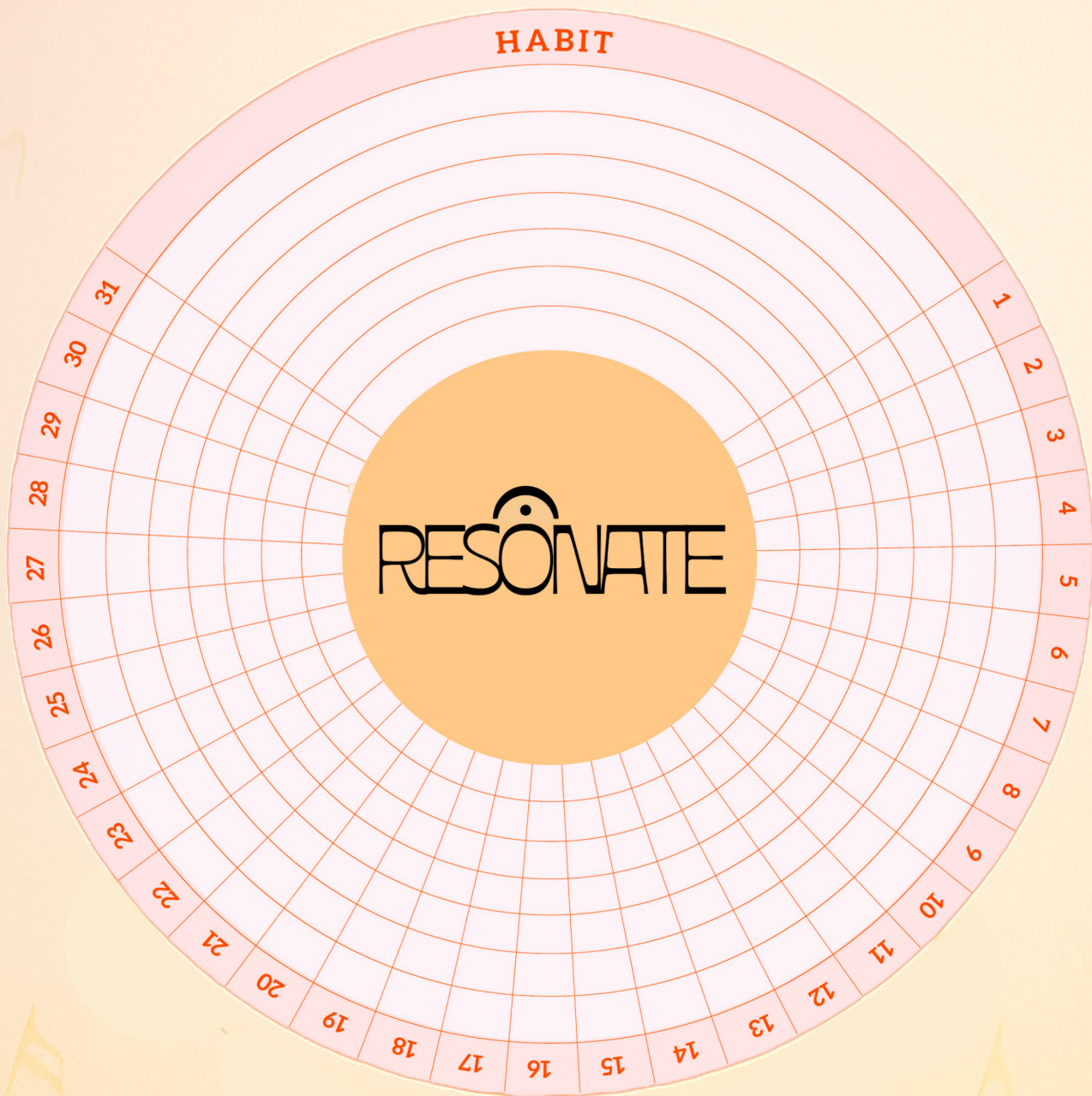
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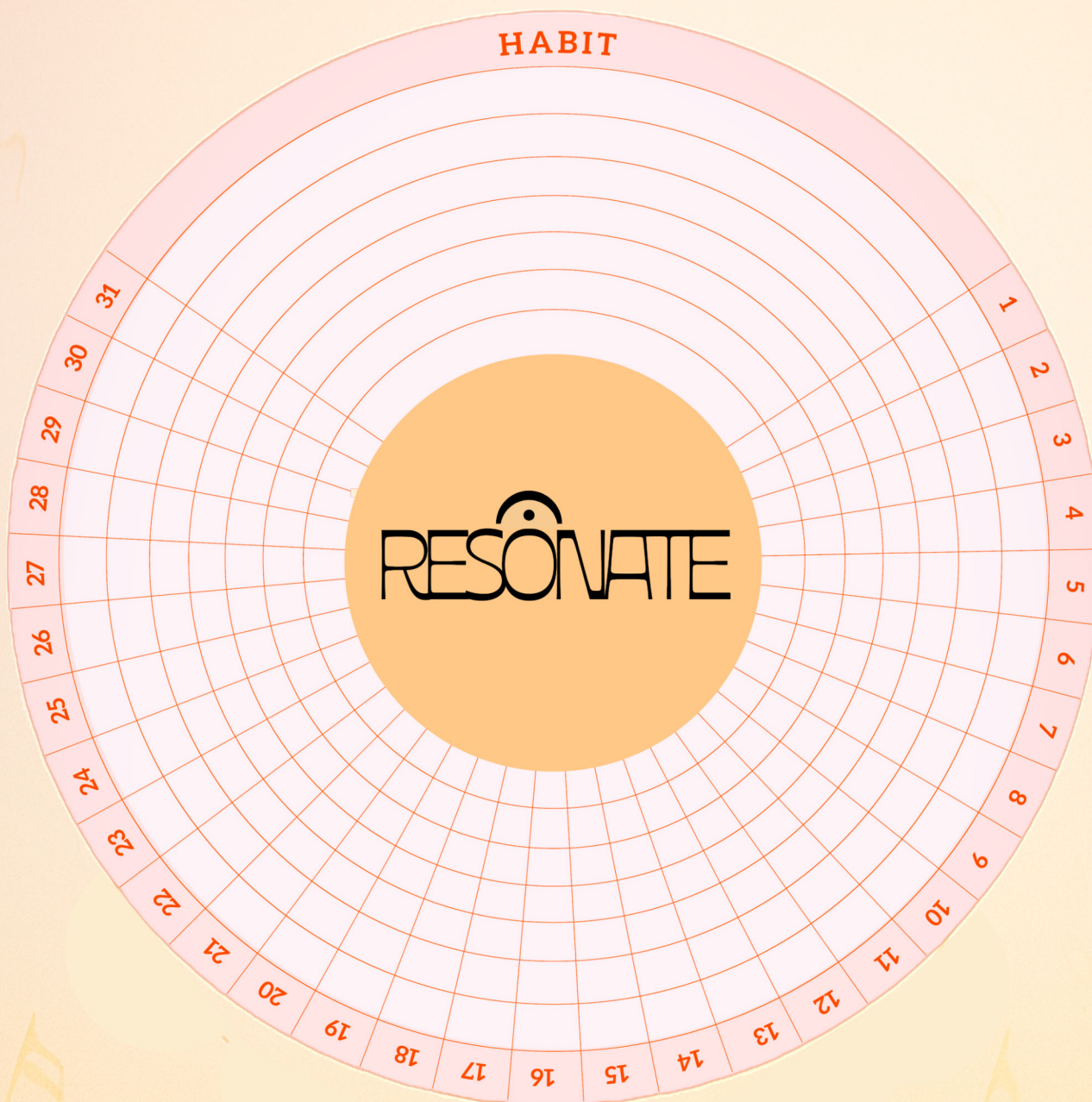
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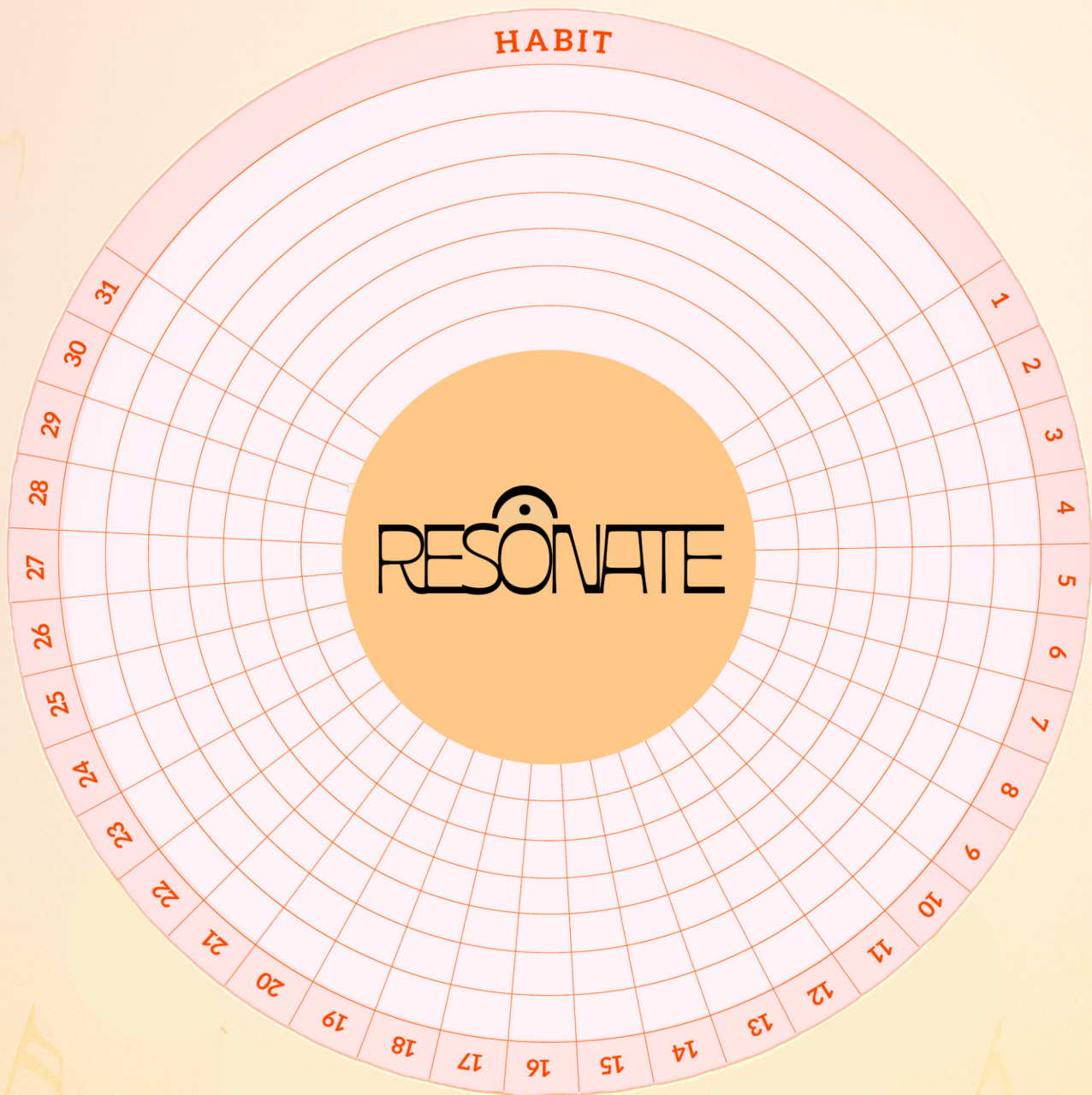
SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

