21-Day *Becoming EPIC* Habit Tracker

A Daily Check Sheet for Practicing Excellence, Perception, Inspiration, and Compassion

Name: _____
Start Date: _____
Finish Date: _____

Purpose

Becoming EPIC is not about one dramatic life change. It is about small, repeated decisions that help you demonstrate Excellence, sharpen Perception, ignite Inspiration, and practice Compassion. This 21-day tracker is designed to help you build habits that create a visible track record of quality outcomes, develop contextual intelligence through 3D Thinking, foster transformation through imagination, and embrace empathy while doing what is hard.

Each day, complete one small action in each EPIC area. At the end of the day, give yourself an EPIC Score from 0-4 based on how many habits you completed.

Daily EPIC Check-In

Each day, check off the habits you completed.

E - Excellence: Did I do one thing with intentional quality today?
P - Perception: Did I pause long enough to understand context before reacting?
I - Inspiration: Did I imagine or encourage a better future?
C - Compassion: Did I show empathy and do what was hard, helpful, or right?

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21-Day EPIC Habit Tracker

Day	Daily Focus	Excellence: Generate a Track Record	Perception: Practice 3D Thinking	Inspiration: Foster Transformation	Compassion: Embrace Empathy	Score
Day 1	Start with intention	☐ Identify one area where I need to raise my standard.	☐ Ask: What context am I missing?	☐ Write one sentence describing the person I am becoming.	☐ Notice one person who may need encouragement.	___ / 4
Day 2	Do the small thing well	☐ Complete one ordinary task with unusual care.	☐ Use hindsight: What has the past taught me about today's decision?	☐ Name one better possibility I can help create.	☐ Listen to someone without interrupting or correcting.	___ / 4
Day 3	Reduce mediocrity	☐ Eliminate one excuse, shortcut, or careless habit.	☐ Use insight: What is really happening right now?	☐ Replace one negative assumption with a constructive possibility.	☐ Offer help without needing recognition.	___ / 4
Day 4	Build trust through quality	☐ Follow through on one commitment.	☐ Ask: Who is affected by my decision?	☐ Speak hope into one situation that feels stuck.	☐ Respond with patience when I feel irritated.	___ / 4
Day 5	Practice disciplined focus	☐ Spend focused time on one meaningful priority.	☐ Identify one distraction that is distorting my perception.	☐ Imagine what progress could look like in 30 days.	☐ Give someone the benefit of the doubt.	___ / 4
Day 6	Strengthen your standards	☐ Improve one thing before calling it finished.	☐ Ask: What assumptions am I making?	☐ Share one idea that could improve a process, relationship, or project.	☐ Choose kindness in a moment when criticism would be easier.	___ / 4
Day 7	Weekly review	☐ Review where I demonstrated excellence this week.	☐ Identify one moment where better perception would have helped.	☐ Name one thing that inspired me this week.	☐ Reflect on one act of compassion I practiced or missed.	___ / 4
TOTAL EPIC FOR THE WEEK						
Day 8	Begin again stronger	☐ Choose one quality habit to repeat this week.	☐ Use foresight: What could happen if I continue my current pattern?	☐ Write one future-focused goal for the week.	☐ Reach out to someone who may feel overlooked.	___ / 4
Day 9	Raise the level	☐ Do one thing better than expected.	☐ Ask: What would a wise person notice here?	☐ Turn one problem into a growth opportunity.	☐ Ask someone, "How are you really doing?"	___ / 4
Day 10	Practice contextual intelligence	☐ Make one decision that reflects your values, not your mood.	☐ Consider hindsight, insight, and foresight before acting.	☐ Help someone see a better path forward.	☐ Acknowledge someone's burden before offering advice.	___ / 4

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Day 11	Choose progress over perfection	☐ Complete one important task instead of waiting for perfect conditions.	☐ Ask: What information do I still need?	☐ Take one small action toward a meaningful change.	☐ Encourage someone who is trying but not yet succeeding.	___ / 4
Day 12	Lead yourself first	☐ Practice self-discipline in one area where I have been inconsistent.	☐ Notice my emotional reaction before responding.	☐ Reframe one frustration as an invitation to grow.	☐ Be honest without being harsh.	___ / 4
Day 13	Create better outcomes	☐ Identify one result I want and one behavior needed to produce it.	☐ Ask: What pattern am I seeing?	☐ Suggest one creative solution instead of only naming the problem.	☐ Help remove one obstacle for someone else.	___ / 4
Day 14	Weekly review	☐ Name one quality outcome I helped create this week.	☐ Identify one context I understand better now.	☐ Name one transformation I want to keep pursuing.	☐ Reflect on where compassion required courage.	___ / 4
TOTAL EPIC FOR THE WEEK						
Day 15	Strengthen consistency	☐ Repeat one EPIC habit from earlier in the tracker.	☐ Ask: What am I learning about myself?	☐ Write one sentence of encouragement to myself or someone else.	☐ Apologize, clarify, or repair something if needed.	___ / 4
Day 16	Practice excellence under pressure	☐ Stay faithful to quality even when rushed.	☐ Pause before reacting to a difficult moment.	☐ Ask: What could this difficulty make possible?	☐ Respond to pressure with calm and care.	___ / 4
Day 17	Notice what others miss	☐ Improve one detail that others might overlook.	☐ Ask: What is obvious, and what is hidden?	☐ Help someone see potential they may not see in themselves.	☐ Pay attention to the emotional tone in a conversation.	___ / 4
Day 18	Become a builder	☐ Build one habit, system, relationship, or outcome that matters.	☐ Use 3D Thinking before making one decision.	☐ Share a vision for something better.	☐ Choose service over convenience.	___ / 4
Day 19	Do what is hard	☐ Complete one task I have been avoiding.	☐ Ask: What truth do I need to face?	☐ Take one brave step toward transformation.	☐ Have one needed conversation with humility and care.	___ / 4
Day 20	Live the loop	☐ Demonstrate excellence in action.	☐ Sharpen perception before deciding.	☐ Ignite inspiration through words or behavior.	☐ Practice compassion in a concrete way.	___ / 4
Day 21	Becoming EPIC	☐ Identify the strongest habit I developed.	☐ Name the perception shift I need to keep practicing.	☐ Write the future I feel called to help create.	☐ Decide how I will keep compassion active beyond these 21 days.	___ / 4
TOTAL EPIC FOR THE WEEK						

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Daily Reflection Prompt

At the end of each day, complete this sentence:

Today, I became more EPIC by…

Tomorrow, I need to pay closer attention to…

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Weekly EPIC Review

End of Week 1 Reflection

My total EPIC score for Week 1 was: _____ / 28

The EPIC habit that came most naturally to me was:
☐ Excellence
☐ Perception
☐ Inspiration
☐ Compassion

The EPIC habit that needs more intentional practice is:
☐ Excellence
☐ Perception
☐ Inspiration
☐ Compassion

One thing I learned about myself this week:

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End of Week 2 Reflection

My total EPIC score for Week 2 was: _____ / 28

Where did I demonstrate better quality, judgment, imagination, or empathy this week?

Where did I still react too quickly, settle too easily, or avoid what was hard?

End of Week 3 Reflection

My total EPIC score for Week 3 was: _____ / 28

The EPIC habit I want to carry forward is:
☐ Excellence
☐ Perception
☐ Inspiration
☐ Compassion

One relationship, decision, project, or area of life that will improve if I keep practicing EPIC is:

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Final 21-Day EPIC Commitment

Over the last 21 days, I practiced becoming EPIC by choosing quality, paying attention to context, imagining a better future, and showing compassion when it mattered.

Going forward, I commit to practicing the EPIC Loop by:

Demonstrating Excellence through:

Sharpening Perception by:

Igniting Inspiration through:

Practicing Compassion when:

My next 21-day EPIC focus will be:

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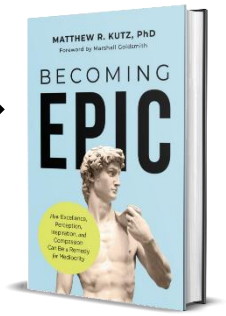
What to do next.

If this 21-day habit tracker helped you think differently, act more intentionally, or see yourself more clearly, I invite you to take the next step. Buy the book!



Visit: www.matthewkutz.com

There you can learn more about my coaching opportunities, resources, keynotes, speaking, online learning experiences, and ways to stay connected to a community of people committed to becoming EPIC.

I am NOT about adding more noise to your life. I am about developing the kind of clarity, discipline, wisdom, imagination, and compassion that helps you become the person you were created to become. I have been trusted by some of the world's best organizations for this and I can do it for you too!

Your Invitation

- If you are ready to keep practicing EPIC growth with guidance, structure, and community, I would be honored to walk with you.
- Take the next step today. Explore coaching. Join the online learning community. Continue becoming EPIC. Text the word 'epic' to 55444 and receive an instant download of my 52-week Leadership Habit Journal.
- Contact us via angie@leadwith3D.com

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