Queen's Growth Tracker™

The Queen's Growth Tracker™ is a weekly habit grid for the small growth habits that shape how you think, listen and recover.

BOTTOM LINE

Daily habit tracking is backed by a meta-analysis of 138 experiments showing that recording progress helps people reach their goals. The habits on the tracker draw on research like this: reframing difficult situations is among the more effective ways to manage emotions, mentally detaching from work is linked to less exhaustion and better sleep, and high-quality listening helps the people we talk with feel less anxious. The full tracker is inside the guide. It has not itself been tested in a study, and the research shows associations and short-term experimental effects rather than guaranteed outcomes.

WHAT THE RESEARCH SHOWS

Tracking habits helps you reach goals

A meta-analysis of 138 randomized studies with 19,951 participants found that monitoring progress helped people reach their goals, with larger effects when progress was physically recorded (Harkin et al., 2016). A daily checkmark is exactly that kind of record.

Reframing works

A meta-analysis of 306 experimental comparisons found that changing how you think about a situation was one of the more effective ways to manage emotions (Webb et al., 2012). Reappraising the situation itself and taking another person's perspective were among the most effective approaches.

Leaving work at work

A meta-analysis of 91 samples with 38,124 employees found that mentally detaching from work during time off was linked to less exhaustion, better sleep, higher life satisfaction and greater wellbeing (Wendsche & Lohmann-Haislah, 2017).

Good listening helps others open up

Across five experiments, people who experienced high-quality, attentive and non-judgmental listening felt less social anxiety and reflected more deeply on their own views (Itzchakov et al., 2018).

What the research cannot yet show

The Queen's Growth Tracker™ has not itself been tested in a study; it applies the findings above. Several findings come from short laboratory experiments or correlational studies, and the detachment research involved employees. Results vary from person to person.

DISCLAIMER

This summary is for educational purposes only and is not medical, mental health or financial advice. It describes published research on the principles behind the journal; the Queen's Growth Tracker™ itself has not been tested in a clinical study. Talk with a qualified professional about your individual needs.

REFERENCES

1. Harkin, B., Webb, T. L., Chang, B. P. I., Prestwich, A., Conner, M., Kellar, I., Benn, Y., & Sheeran, P. (2016). Does monitoring goal progress promote goal attainment? A meta-analysis of the experimental evidence. *Psychological Bulletin, 142*(2), 198–229. View on PubMed
2. Itzchakov, G., DeMarree, K. G., Kluger, A. N., & Turjeman-Levi, Y. (2018). The listener sets the tone: High-quality listening increases attitude clarity and behavior-intention consequences. *Personality and Social Psychology Bulletin*. View on PubMed
3. Webb, T. L., Miles, E., & Sheeran, P. (2012). Dealing with feeling: A meta-analysis of the effectiveness of strategies derived from the process model of emotion regulation. *Psychological Bulletin, 138*(4), 775–808. PMID: 22582737
4. Wendsche, J., & Lohmann-Haislah, A. (2017). A meta-analysis on antecedents and outcomes of detachment from work. *Frontiers in*

Psychology, *7*, 2072. PMID: 28133454

© 2026 JJAMR LLC · DOCTOR BALLERINA™ · DOCTORBALLERINA.COM