# The Queen's Growth Tracker™: What the Research Says

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## How the Queen's Growth Tracker™ works

The Queen's Growth Tracker™ is a weekly habit grid. Each day, you check off the growth habits you practiced:

- **Spend Intentionally:** knowing where your money goes, so every dollar reflects your priorities.
- **Active Listening:** giving others your full, non-judgmental attention.
- **Positive Self-Talk:** speaking to yourself with encouragement.
- **Flip the Script:** reframing a difficult moment in a more helpful way.
- **Compartmentalization:** mentally leaving work at work so you can recover.
- **Hara Hachi Bu:** eating until about 80% full.
- **Complain Less:** choosing not to replay and rehash frustrations.

Blank rows let you add your own habits. Each habit on the tracker is supported by research, and the act of tracking itself is one of the best-studied tools for reaching goals.

## Bottom line

Daily habit tracking is backed by a meta-analysis of 138 experiments showing that recording progress helps people reach their goals. Each habit on the tracker has its own research support: reframing difficult situations is among the more effective ways to manage emotions, mentally detaching from work is linked to less exhaustion and better sleep, high-quality listening helps the people we talk with feel less anxious, spending that fits who you are is linked to greater life satisfaction, and rehashing anger tends to increase it rather than release it. The tracker itself has not 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.

## Flip the Script: 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.

## Compartmentalization: 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).

## Active Listening: 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).

## Spend Intentionally: spending that reflects your priorities

A study of more than 76,000 real bank transactions found that people whose spending better matched who they are reported greater life satisfaction, and this link was stronger than the link with their total income or total spending (Matz et al., 2016). A follow-up experiment found that spending matched to a person's personality increased positive mood. Separately, a systematic review of 40 studies found financial stress was consistently linked to depression (Guan et al., 2022). Knowing where your money goes is a first step toward spending that reflects your priorities.

### Complain Less: rehashing fuels frustration

In an experiment, people who vented while dwelling on the person who angered them felt angrier and acted more aggressively than people who did nothing at all (Bushman, 2002). Complaining less is not about hiding feelings: the same emotion-regulation research found that suppressing the experience of an emotion did not help. The goal is to acknowledge a feeling without replaying it.

### Positive Self-Talk and Hara Hachi Bu

Research on self-talk is summarized in the Sovereign Attitude Assessment™ research page, and research on eating until 80% full is summarized in the Hara Hachi Bu research page.

### 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. The research supports reframing in general; the journal's specific "and/but" word-order technique has not been tested directly. The spending research shows links with wellbeing, not proof that tracking spending reduces stress. 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

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