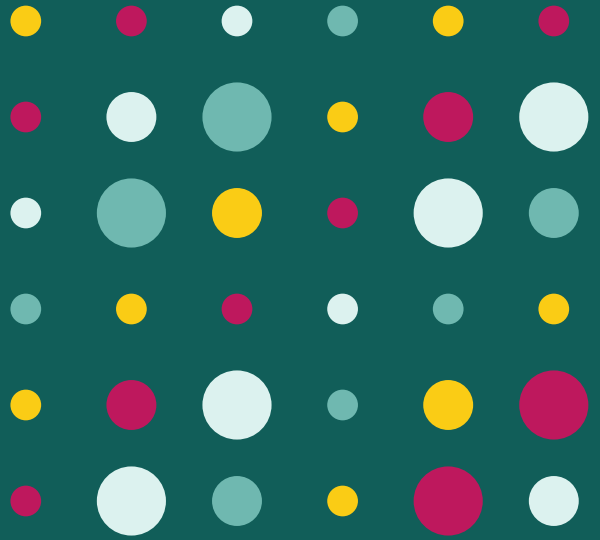




Habit Starter Workbook

One habit, done well

General information only.

Not medical or mental health advice.

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Habit planner

One habit. Make it tiny and specific.

The habit I want

Why it matters to me

The tiny version (two minutes or less)

When and where

How I'll make it easy to start

How I'll reward myself

Stacking worksheet

After I [current habit], I will [new habit].

Things I already do daily	Time	New habit to stack on it
Wake up		
Make coffee or tea		
Brush teeth		
Arrive at work		
Eat lunch		
Get home		
Dinner		
Get into bed		

30-day tracker

One box a day. Never miss twice.

Habit

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					

Obstacle plan

If this happens, I'll do that.

If...	Then I'll...
I'm too tired	
I'm away from home	
I forget	
I miss a day	
I lose motivation	

Reflection

After 30 days.

Days I did it

What helped

What got in the way

Make it bigger, keep it, or change it?

My next habit

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