Brain Dump

Habit Plan Template: Start Tiny, Tie It to a Cue

Date _____

The habit

Shrink it until it's almost too easy: "read one page," not "read more."

When and where

After I [something I already do], I will [the habit].

After I ... I will ...

Make it easy

What can you set up today so it takes less effort? What usually gets in the way?

If I miss a day

One missed day doesn't undo it. Pick it up at the next cue.

First week

Tick a box each day you do it.