

Build a Routine That Sticks

Start with what you already do, then stack on something small.

Section 1: Pick an Anchor Habit

What's something that you do most days?

Examples: brush teeth, drink coffee, check your phone, take a shower, get out of bed, etc.

My anchor habit: _____

Section 2: Add a Tiny Habit to Follow It

Pick something small and useful, and not something overwhelming.

Examples: take vitamins, journal, stretch, make bed, skincare, light tidying etc.

My add-on habit: _____

Section 3: Repeat and Reflect (Weekly Tracker)

Check off each day you complete your new mini-routine and note how it felt to do it.

Day	Did I do it?	How did it feel? (1-word check-in)
Mon	<input type="checkbox"/>	_____
Tues	<input type="checkbox"/>	_____
Wed	<input type="checkbox"/>	_____
Thurs	<input type="checkbox"/>	_____
Fri	<input type="checkbox"/>	_____
Sat	<input type="checkbox"/>	_____
Sun	<input type="checkbox"/>	_____



Routines aren't about doing more.

They're about making one thing easier.

Small = Sustainable

Repeating = rewiring