

Habit Builder

Design a habit that works in real life - not just on your most motivated days.

Don't ask: How can I make myself do this?

Ask: How can I make this easier to do automatically?

1 Choose your shift

What do I want to do?

Examples: walk after lunch; eat vegetables with dinner; read before bed.

When / where will I do it?

Examples: after lunch at work; in the kitchen before dinner; in bed at 22:00.

Why is this worth doing for me?

Examples: more energy; better sleep; fewer aches; time to clear my head.

What is the smallest version that still counts?

This is your fallback for difficult days. It should keep the behaviour recognizable without pretending that the minimum is the same as the full version.

Example: sit for 5 minutes on the yoga/workout mat without your phone or any other distraction.

2 Design your autopilot

My trigger

After / when _____ I will _____

Example: after I make coffee, I stretch for 2 minutes.

Make it easier

What can I prepare, place somewhere visible, schedule, remove, simplify or automate?

Examples: put shoes by the door; prep ingredients; block time in my calendar.

My environment

What in my surroundings currently helps this habit? What makes it harder?

Examples: fruit on the counter helps; my phone on the desk distracts me.

My backup version

When life is unusually busy, what is the smallest useful version I can fall back on?

Examples: 5 minutes instead of 30; one set instead of a full workout.

MAKE IT SURVIVE REAL LIFE

The goal is not a perfect streak. The goal is a behaviour you return to.

3 Track the phase, not the streak

☐ PHASE 1 - I still have to choose

I regularly debate whether I will do it. Focus on repetition and reducing friction.

☐ PHASE 2 - It has become normal

I usually no longer debate it. The behaviour is becoming part of my routine.

☐ PHASE 3 - It survives interruptions

After illness, travel, holidays or busy periods, I return to it.

Useful checkpoint: Skipping once is normal. Skipping twice can begin to establish a different routine. Use your fallback or restart cue when you can.

4 Plan for the interruption before it happens

What is most likely to interrupt this habit?

- | | |
|--|--|
| ☐ Illness | ☐ Holidays / travel |
| ☐ Busy work periods | ☐ Weekends |
| ☐ Stress | ☐ Family responsibilities |
| ☐ Change in routine | ☐ Other: |

When that happens, how will I restart?

My restart cue

Examples: schedule the first session back before a holiday; set a reminder after illness; leave equipment visible; ask someone to join you.

5 Review: keep, adjust or let go?

What did I notice?

Energy / mood / sleep / symptoms / enjoyment / difficulty / anything else that mattered.

☐ KEEP IT

This works for me. I want it to become part of my normal life.

☐ ADJUST IT

The idea helps, but the way I am doing it needs to change.

☐ LET IT GO

This is not useful enough for me to justify continuing.