

Installing One Very Tiny Habit Worksheet

Inspired by James Clear, BJ Fogg, and Katy Milkman

Who would you like to become?

Circle the area below that, if improved, would make a difference in the quality of your life

Vitality Optimism Gratitude Calm Sleep Organization Humor Other _____

- What is one little daily habit you could install to support you in this area? _____
- Is there a way to take that little habit and make it any smaller? _____
- How can you make your new habit ridiculously small? _____
Make it so small that you cannot fail. Perhaps you can JUST SHOW UP ☺
- Now, let's attach your tiny new habit to an existing habit. Here are some examples:
 - *When I brush my teeth or go to bed, I will be grateful for one thing.*
 - *When I take a shower or bath, I will do a breathing meditation for 20 seconds.*
 - *When I watch the news at night, I will SHOW UP on my exercise mat.*
 - *When I go to bed, I will meditate for 20 seconds.*
 - *When my head hits the pillow at night, I will do 1-minute of a Loving Kindness Meditation*
 - *When I finish reading my emails, I will shake for 1-minute.*

Please fill in below:

If/When I _____, then I will _____ (woooo hoooo!)

(existing habit) *s* *(new tiny habit)*

- What reward can you give yourself for performing your tiny habit? _____
- My tiny habit is _____, my goal habit is _____

You can attach your new habit to a rewarding activity like listening to a good book or watching Netflix. Simply putting a check on a habit tracker could work, or just smile at yourself and say, "That's like me!" Celebrate your new habit, whether you do ten pushups or one.



YOU just made your habit so small that it is almost impossible to fail!

By checking this box, I pledge to install my tiny habit.

If possible, start your habit on a new beginning. It could be a birthday, a new year, a new month, or even a Monday. Work not to miss two days in a row. Remind yourself daily of the person you want to be and know your new habit will support you!

*And remember, we are all human so...
when you fail, say "Oh Well" and start again.*

WE ARE
WHAT WE
REPEATEDLY DO.
EXCELLENCE,
THEN, IS NOT
AN ACT, BUT
A HABIT.

Ar. Stoltz

