The Habit Builder

Build one small action you can return to, even when life gets messy.

Use the focus from your 30-Day Action Plan, or choose a habit that supports the direction you want to move. Make the starting version easy enough to do on an ordinary day.

MY FOCUS

WHY A SMALL HABIT?

A habit becomes easier to repeat when you know exactly what you will do and when. You can increase it later. For now, practice showing up and learn what gets in your way.

1. Pick one action you can control.
2. Link it to a moment that already happens.
3. Make a tiny version for difficult days.
4. Track the attempts, then adjust without starting over.

DIGITAL USE

Download and save your own copy. Click answer areas to type. On the tracker, enter an optional date below each day label and click the lower area to check completion. Save after each session. Keep answers within the visible space for printing.

Design the Habit

Name an action rather than a vague result. For example, "walk for ten minutes after lunch" is easier to act on than "get healthier."

The habit I want to build is:

This matters to me because:

I will do it after or when this existing event happens:

I will do it in this place:

PUT IT TOGETHER

After _____, I will _____ in _____.

Make It Easy to Repeat

Choose a normal version and a tiny version. The tiny version keeps your connection to the habit on demanding days.

My normal version:

My two-minute or smallest useful version:

What might interrupt this habit?

If that happens, what will I try instead?

How will I make the next attempt easier?

Your Four-Week Tracker

Put a check in a box each day you do the normal or tiny version. A blank box is information, not a verdict. Write actual dates above the boxes if that helps.

My habit: _____

WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

WEEK 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

WEEK 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

WEEK 4

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

What helped me show up?

What could I adjust next week?

Keep What Works

After four weeks, review what happened. Missing days does not erase what you practiced. Use the evidence to decide whether to continue, simplify, or change the habit.

When was the habit easiest to do?

When did it feel hard, and why?

What did I learn from the tiny version?

My choice for the next four weeks:

YOUR NEXT TOOL: THE WEEKLY RESET

A short weekly check-in can help you keep the habits that serve you and adjust the ones that need a different approach.