

HABIT STACKING PLAN

IDENTIFY ANCHORS

1. IDENTIFY HABITS YOU ALREADY DO CONSISTENTLY WITHOUT MUCH THOUGHT.

Morning Routine Anchor: Brushing teeth.

Midday Routine Anchor: Lunch break.

Evening Routine Anchor: Watching TV after dinner.

SELECT NEW HABIT

2. CHOOSE NEW HABITS THAT YOU WANT TO DEVELOP. THESE SHOULD BE SIMPLE ENOUGH TO ADD TO YOUR ANCHOR HABITS WITHOUT FEELING OVERWHELMING.

Morning New Habit: 5 minutes of meditation.

Midday New Habit: 10 minutes of reading a book.

Evening New Habit: 15 minutes of stretching or yoga.

CREATE HABIT STACK

3. COMBINE YOUR NEW HABITS WITH THE ANCHOR HABITS. WRITE DOWN THE SEQUENCES.

Morning Stack: Wake up → Brush teeth → Meditate for 5 minutes.

Midday Stack: Start lunch break → Read a book for 10 minutes → Have lunch.

Evening Stack: Finish dinner → Watch TV → 15 minutes of stretching or yoga.

IDENTIFY ANCHORS

4. BEGIN IMPLEMENTING YOUR HABIT STACKS. KEEP A DAILY LOG TO TRACK YOUR CONSISTENCY AND PROGRESS.

- Start small with habits that require minimal effort.
- Perform your habit stacks at the same time each day to establish a routine.
- If a stack isn't working, don't be afraid to modify it.
- Acknowledge your achievements, no matter how small.