

Journal Prompts: Tiny Habits & Habit Stacking

1. Identifying Your Tiny Habits

- What is one small habit you'd like to start that could have a big impact over time?
- How can you break down your current goals into tiny, manageable steps that feel easy to accomplish?
- What tiny habit could you add to your morning routine that would set a positive tone for your day?

2. Habit Stacking Basics

- Think about a current habit you already do automatically (e.g., brushing your teeth, making your morning coffee). How can you stack a new, tiny habit onto this?
- When is a time during your day when you already feel the momentum of a habit? How can you use that time to add another habit that feels easy and rewarding?

3. Celebrating Tiny Wins

- After completing a tiny habit, how can you celebrate yourself in a way that reinforces positive behavior?
- Reflect on a recent tiny habit you've started. How does it make you feel to have taken that small action, even if it seems insignificant?

4. Creating Consistency with Tiny Habits

- How can you ensure that you repeat your tiny habit daily? Can you attach it to something you do consistently (like an existing habit)?
- What barriers might prevent you from sticking with a tiny habit, and how can you plan to overcome them?

5. Tracking Your Progress

- How will you track your tiny habit each day? Would a simple checklist or journal entry work for you?
- Reflect on how tracking your habits makes you feel. Do you notice a difference when you track your successes, no matter how small?

6. Reflecting on Habit Stacking

- What's one small action you currently take regularly that you could build upon with another tiny habit? (For example, after making your bed, take five minutes to read or meditate.)
- How do the habits you are stacking on top of each other complement or reinforce each other?

7. Building Sustainable Change

- What are some tiny habits that could positively impact your long-term health, well-being, or goals?

- How do tiny habits help you build momentum and keep moving forward, even when your larger goals feel far away?

8. Overcoming Challenges with Tiny Habits

- What might make it difficult for you to maintain a tiny habit? How can you adjust to make it feel easier or more rewarding?
- If you miss a day or forget to complete your habit, how can you forgive yourself and get back on track the next day?

9. Adapting to Change

- If one of your tiny habits no longer serves you, what small change could you make to adjust it to better fit your needs or goals?
- Reflect on how you can flexibly adapt your tiny habits if your circumstances change (e.g., changes in work schedule, family life, or personal interests).

10. Celebrating Growth

- What tiny habits have already become second nature in your life? How do they contribute to your overall well-being?
- How can you acknowledge the progress you've made with tiny habits, even when it feels like small steps?