

Habit Check

[Start Here](#) | A 10-minute habit check

Why This Habit Isn't Sticking (and What to Fix)

A habit that keeps slipping may need a more workable setup. Instead of asking for more willpower, examine the exact moment the plan breaks down. Use this guide to choose one change to test.

01 Name The Behavior

Replace a broad goal such as "be healthier" with an action you can see: walk for five minutes after lunch. Name when and where it should happen.

02 Find The Breaking Point

Think about the last three attempts. Was the cue unclear, the action too large, the setup inconvenient, or your energy low? Choose the most common obstacle.

03 Make The Small Version

Create a version you can do on a busy day. Place the materials where you need them and connect the action to a routine that already happens.

04 Test One Adjustment

For seven days, change one part of the setup. Record what happened rather than judging yourself. Missing a day gives you a chance to improve the plan.

What This Could Look Like

Goal: read every night. Obstacle: the phone is already in my hand. New setup: leave the book on my pillow and charge the phone across the room. Small version: read one page after brushing my teeth.

Habit Check

Your Reflection | Make It Personal

Type into the fields and save your copy. Short phrases are enough.

Name / Date

01 The Habit I Want To Practice

Describe one visible behavior, its cue, and its location.

02 Where The Plan Breaks Down

Use a recent attempt. What happened right before I skipped it?

03 My Smallest Workable Version

What could I do on a tired or busy day? What setup would help?

04 My Seven-Day Experiment

After ____, I will ____. If ____ gets in the way, I will ____.

Choose one useful answer to carry into your next action.

Habit Check

Put It Into Practice | One Useful Next Step

Prepare Once

Put the needed item in place and remove one source of friction. Tell yourself exactly when the small version counts as complete.

Notice Each Attempt

Make a quick mark: tried, adjusted, or missed. Add a few words about what helped or got in the way.

Review On Day Seven

Keep the setup that worked. If it did not work, adjust the cue or size before adding another habit.

Words To Make It Easier

"After I _____, I will _____ for _____. On a difficult day, my small version is _____."

A Common Snag

Changing five habits at once makes it harder to see what helps. Keep this experiment focused on one behavior and one adjustment.

My First Step And Its Time

What will I do next, and when will I begin?

Build a habit that fits your real day, including the difficult ones.

Want Support With Your Next Step?

SharpenUp coaching helps you explore what matters, work through obstacles, and build small actions that fit your life.

Explore the 90-Day SharpenUp coaching program at sharpenupcoaching.com.