

Micro Habits

☐ Teeth AM
☐ Hygiene

☐ Meds
☐ Wash Hands

☐ Water
☐ Move

☐ 2-min tidy
☐ Teeth PM

Date / Day

Date: _____

Day: _____

AM Launch

Start Time: _____

Cue the brain, fuel the body, pick 1–3 outcomes. Start with a 2-minute action to break inertia.

Feeling: _____

Breakfast (what + protein): _____

Outcomes (1–3):

Anchor + Support (check any):

<input type="checkbox"/> Water	<input type="checkbox"/> Breathe	<input type="checkbox"/> Walk
<input type="checkbox"/> Music	<input type="checkbox"/> Light	<input type="checkbox"/> Snacks
<input type="checkbox"/> Timer	<input type="checkbox"/> Buddy	<input type="checkbox"/> Notes

If stuck, write a 2-min action: _____

Task Start

Start Time: _____

Define the task, why it matters, and the first 2-minute step. Timebox the start, not perfection.

Task (name): _____

Why it matters: _____

First 2-min step: _____

Timebox:

☐ 5 min ☐ 10 min ☐ 15 min ☐ 25 min ☐ 45 min

Start cue (pick 1–2):

<input type="checkbox"/> 2-min timer	<input type="checkbox"/> Body-double	<input type="checkbox"/> Open file/tab
<input type="checkbox"/> Clear surface	<input type="checkbox"/> Headphones	<input type="checkbox"/> Start playlist

Make it easy (1 tweak): _____

Distractions to park: _____

Midday Reset

Start Time: _____

Quick check-in, restore basics, capture a win, then restart with a smaller next step.

Check-in:

Focus (0–10): _____ Energy (0–10): _____

Reset basics (pick 2):

<input type="checkbox"/> Water	<input type="checkbox"/> Breathe 60s	<input type="checkbox"/> Snack/Protein
<input type="checkbox"/> Move 2-min	<input type="checkbox"/> Light	<input type="checkbox"/> Step outside
<input type="checkbox"/> Read 10-min	<input type="checkbox"/> Stretch	<input type="checkbox"/> Wash face

Completed (wins, even small): _____

Next 1 thing: _____

2-min restart: _____

If stuck, lower the bar to:

PM Shutdown

Start Time: _____

Capture wins, close open loops, and pre-load tomorrow to reduce morning friction.

Wins (3):

Close loop:

Leftovers: _____

First step tomorrow: _____

Prep for tomorrow:

<input type="checkbox"/> Lay out clothes	<input type="checkbox"/> Tidy surface
<input type="checkbox"/> Prep wallet/keys	<input type="checkbox"/> Check calendar
<input type="checkbox"/> Set alarm	

Kind note to self: _____
