

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: _____
