

Habit Review & Reset Sheet

For when a habit has slipped — diagnose it properly instead of just restarting.

THE HABIT

HOW LONG IT HELD BEFORE IT SLIPPED

Diagnose it

- 1 When exactly did it stop — and what changed that week?
- 2 Was the habit too big, too vague, or badly timed?
- 3 What was the trigger meant to be, and did it actually happen every day?
- 4 Did I have everything I needed ready, or was there friction in the way?
- 5 Was I doing it for a reason I actually care about?

Rebuild it smaller

	ORIGINAL VERSION	TWO-MINUTE VERSION
The habit		
The trigger		
Where it happens		
How I track it		

RESTARTING ON