

Habit Stacking Worksheet

Attach a new habit to something you already do without thinking.

The formula: After I [existing habit], I will [new habit]. The existing habit is the trigger — pick one that already happens every single day without effort.

Your anchors — things you already do daily

- | | | |
|--------------------------------------|---|---------------------------------------|
| ☐ Wake up | ☐ Sit at my desk | ☐ Cook dinner |
| ☐ Brush teeth | ☐ Close my laptop | ☐ Get into bed |
| ☐ Make coffee | ☐ Walk in the door | ☐ Feed the pet |

Build five stacks

After I _____

I will _____

After I _____

I will _____

After I _____

I will _____

After I _____

I will _____

After I _____

I will _____

THE STACK I WILL START WITH

HOW I WILL KNOW IT WORKED