



Building Habits That Stick

The small, repeatable actions behind lasting change

Lasting change rarely comes from a single burst of willpower. It comes from small habits, repeated consistently, that eventually feel automatic.

The Habit Loop

- **Cue** — the trigger that starts the habit
- **Routine** — the action itself
- **Reward** — what reinforces it and makes you want to repeat it

Habit Stacking

Attach a new habit to one you already do automatically. For example: "After I pour my morning coffee, I will drink a full glass of water."

Make It Easy, Make It Obvious

- Reduce friction — prep what you can the night before.
- Keep visual reminders where you'll see them.
- Start smaller than you think you need to. You can always build up.

When You Slip Up

One missed day doesn't erase your progress. Avoid all-or-nothing thinking — simply return to the habit at the very next opportunity.

COACH'S TIP

Progress, not perfection, is what builds habits that last.

MY NEW HABIT PLAN

My cue (when/where this habit happens):

My new habit (one small action):

My reward:

Track Day 1 through Day 14:

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7
- ☐ Day 8
- ☐ Day 9
- ☐ Day 10
- ☐ Day 11
- ☐ Day 12
- ☐ Day 13
- ☐ Day 14