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HABITS • CONSISTENCY

Build a Habit That Fits Real Life

Design a tiny repeatable habit with a clear cue, a two-minute starting version and a flexible restart plan.

Inside this workbook
A practical, printable system you can use today — with guided steps, reflection prompts and a simple action plan.

Designed for real life: start small, make it yours, and return whenever useful.

5 guided worksheets A clear path from intention to action.	**Space to reflect** Room to write, plan and review.	**Made to revisit** Print again whenever you need it.

A free UpdateMind workbook

Download, print or complete digitally. No perfect streaks or special equipment required.

01 / WORKSHEET

Pick a habit worth keeping

Choose something small that supports a value or goal you care about.

A habit I want to build:

This matters because…

How will I know I did it? (Make it observable.)

Start with a habit you can do on an ordinary, busy day. You can expand it later.

02 / WORKSHEET

Make the cue obvious

Attach the new action to a reliable moment, place or existing routine.

After I (existing routine / time / place)…

I will (small action)…

I will make it easier by preparing…

Cue	Two-minute version	Where / when

Reduce friction

- Put the needed item where I will see it.
- Choose a specific time or trigger.
- Remove one unnecessary step.
- Tell someone supportive, if that helps.

03 / WORKSHEET

Choose the smallest version

A habit can be tiny and still build identity and momentum.

The two-minute version of my habit:

If I have more time or energy, I can extend it by:

On a hard day, the minimum version is:

The minimum should be so manageable that you can repeat it without needing motivation to be high.

04 / WORKSHEET

Track attempts, learn from them

Track showing up and learn what conditions make the habit easier.

Day	Did I try?	What helped / what got in the way?

Which cue worked best?

What pattern do I notice?

05 / WORKSHEET

Restart without the guilt spiral

Missed days are information. Make the next opportunity easy to take.

If I miss a day, my restart cue is:

A kind reminder I want to use:

After one week, I will keep / adjust / replace this habit because:

Weekly review

- ■ Did the cue happen when expected?
- ■ Was the habit small enough?
- ■ What made it easier?
- ■ What one adjustment will I test next week?

Aim for a repeatable pattern, not a perfect streak. Restart at the next cue.

KEEP THE MOMENTUM

One small next step is enough.

Choose one action you can take within the next 24 hours. Make it specific, easy to begin and kind to your actual schedule.

My next step

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