Book to Habit: 30 Days

HARDER

You finished the book. Now pick one habit and start within 72 hours.

I FINISHED THE BOOK ON

MY 72-HOUR DEADLINE

MY IDENTITY LINE
"I'm someone who..."

THE ONE HABIT

MY TWO-MINUTE VERSION
Read one page. Five squats. One sentence.

MY HABIT STACK

After I _____ **I will** _____

Make it obvious
MY CUE, AND WHERE I'LL SEE IT

Make it attractive
I'LL PAIR IT WITH

Make it easy
THE OBSTACLE I'LL REMOVE

Make it satisfying
MY SMALL REWARD RIGHT AFTER

Never miss twice. If I miss a day, the next day I do the two-minute version, no matter what.

The 30-Day Plan

HARDER

One small step a day. Start on any day.

HOW IT WORKS

1. Do your habit and today's step.
2. Add proof: a photo, a tick, a time.
3. Colour one circle. Both count the same.

START DATE _____

FINISH LINE DATE _____

1 DAY 1 START First two-minute version today ◯ 2-MIN ◯ FULL	**2** DAY 2 START Put your identity line where you'll see it ◯ 2-MIN ◯ FULL	**3** DAY 3 START Same time, same stack. Check it works ◯ 2-MIN ◯ FULL	**4** DAY 4 MAKE IT OBVIOUS Set up tomorrow's cue tonight ◯ 2-MIN ◯ FULL	**5** DAY 5 MAKE IT OBVIOUS Remove one obstacle ◯ 2-MIN ◯ FULL	**6** DAY 6 MAKE IT OBVIOUS Remove one temptation ◯ 2-MIN ◯ FULL
7 DAY 7 MAKE IT OBVIOUS Two minutes only. Stop there ◯ 2-MIN ◯ FULL	**8** DAY 8 MAKE IT OBVIOUS Make the cue bigger and harder to miss ◯ 2-MIN ◯ FULL	**9** DAY 9 MAKE IT OBVIOUS Tell one person what you're doing ◯ 2-MIN ◯ FULL	**10** DAY 10 MAKE IT OBVIOUS Review on page 3 ◯ 2-MIN ◯ FULL	**11** DAY 11 ATTRACTIVE & EASY 8+ of 10 days? Grow it by a small step ◯ 2-MIN ◯ FULL	**12** DAY 12 ATTRACTIVE & EASY Pair it with something you enjoy ◯ 2-MIN ◯ FULL
13 DAY 13 ATTRACTIVE & EASY What nearly stopped you? Write it down ◯ 2-MIN ◯ FULL	**14** DAY 14 ATTRACTIVE & EASY Make that friction smaller ◯ 2-MIN ◯ FULL	**15** DAY 15 ATTRACTIVE & EASY Halfway: reread your identity line ◯ 2-MIN ◯ FULL	**16** DAY 16 ATTRACTIVE & EASY Plan for your hardest day of the week ◯ 2-MIN ◯ FULL	**17** DAY 17 ATTRACTIVE & EASY Set a backup version for bad days ◯ 2-MIN ◯ FULL	**18** DAY 18 ATTRACTIVE & EASY Do it with someone, or share your proof ◯ 2-MIN ◯ FULL
19 DAY 19 ATTRACTIVE & EASY Still easy? Grow it one more step ◯ 2-MIN ◯ FULL	**20** DAY 20 ATTRACTIVE & EASY Review on page 3 ◯ 2-MIN ◯ FULL	**21** DAY 21 MAKE IT SATISFYING Add a small reward right after ◯ 2-MIN ◯ FULL	**22** DAY 22 MAKE IT SATISFYING Count your proof so far ◯ 2-MIN ◯ FULL	**23** DAY 23 MAKE IT SATISFYING Remove the last obstacle ◯ 2-MIN ◯ FULL	**24** DAY 24 MAKE IT SATISFYING How does it feel now vs Day 1? ◯ 2-MIN ◯ FULL
25 DAY 25 MAKE IT SATISFYING Look back at your Day 1 proof ◯ 2-MIN ◯ FULL	**26** DAY 26 MAKE IT SATISFYING Do the full version today ◯ 2-MIN ◯ FULL	**27** DAY 27 MAKE IT SATISFYING Pick a possible next habit (don't start) ◯ 2-MIN ◯ FULL	**28** DAY 28 MAKE IT SATISFYING Is this you now? Reread your identity line ◯ 2-MIN ◯ FULL	**29** DAY 29 MAKE IT SATISFYING Keep, adjust or replace? Think it over ◯ 2-MIN ◯ FULL	**30** DAY 30 MAKE IT SATISFYING Finish line: Day 30 review ◯ 2-MIN ◯ FULL

Both circles count the same: the two-minute version on a bad day is still a day done. Miss once, never twice.

Day 10, 20 & 30 Reviews

HARDER

Two minutes every ten days. This is where the plan gets better.

10

WHAT MADE IT EASY	WHAT GOT IN THE WAY	MY CHANGE FOR THE NEXT 10 DAYS

DAYS DONE OUT OF 10 _____

20

WHAT MADE IT EASY	WHAT GOT IN THE WAY	MY CHANGE FOR THE NEXT 10 DAYS

DAYS DONE OUT OF 10 _____

30

DAY 30: MY DECISION

- ◯ Keep it
- ◯ Adjust it
- ◯ Replace it

MY NEXT HABIT	ITS TWO-MINUTE VERSION

DAYS DONE OUT OF 30 _____

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