HOLIDAY PLAN · DECEMBER 14 – JANUARY 3

21 Holiday Minimum Plan

Fill this in before December 14. Ten minutes now saves your habits until January.

1 My habits

Two or three is plenty. The rest can pause without guilt.

	HABIT	FULL VERSION	MINIMUM VERSION · MY WORST DAY	STACKED ONTO
1				
2				
3				

2 My anchors

Things I can do in any house, hotel or time zone.

MORNING
The first thing when I wake up

MOVEMENT
e.g. a walk after the biggest meal

EVENING
e.g. phone off 15 min before sleep

3 My hard days

Travel, the big dinner, Dec 24–25, Dec 31. Decide now.

HARD DAY 1: _____

When _____

I will _____

HARD DAY 2: _____

When _____

I will _____

HARD DAY 3: _____

When _____

I will _____

HARD DAY 4: _____

When _____

I will _____

Miss once.
Never twice.

Missing a day is normal in December. The only goal for the next day is your minimum. The minimum counts as a full day.

WHO SEES MY MINIMUM

_____

HOW I'LL TELL THEM (TEXT, PHOTO, CALL)

_____

Small is valid. One page still counts on Christmas Day.

harder.pro/blog/maintain-habits-over-the-holidays

21 Holiday Check-In

Each evening tick Full or Min. Both count the same. Missed a day? Tick "back tomorrow" and do your minimum.

DAY	HABIT 1	HABIT 2	HABIT 3	MISSED? BACK TOMORROW	ONE WORD
Mon Dec 14	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Tue Dec 15	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Wed Dec 16	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Thu Dec 17	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Fri Dec 18	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sat Dec 19	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sun Dec 20	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Mon Dec 21	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Tue Dec 22	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Wed Dec 23	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Thu Dec 24 CHRISTMAS EVE	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Fri Dec 25 CHRISTMAS	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sat Dec 26	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sun Dec 27	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Mon Dec 28	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Tue Dec 29	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Wed Dec 30	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Thu Dec 31 NEW YEAR'S EVE	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Fri Jan 1 NEW YEAR	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sat Jan 2	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	
Sun Jan 3	FULL ☐ MIN ☐	FULL ☐ MIN ☐	FULL ☐ MIN ☐	☐	

Days I showed up (full or min)

____ / 21

January 4: turn the volume back up

Don't start from zero. You never stopped. Take one habit at a time from **minimum** back to **full** over a week or two. Then pick a challenge with a finish line for the new year.

You don't have to plan tomorrow. It's already on the fridge.