

Small Habit Planner

Design one realistic behavior that is easy to begin and repeat.

Choose a habit small enough to complete even on a demanding day.

The habit I want to build
Why this matters to me
My cue: After I...
My tiny action: I will...
How I will make it easier
How I will celebrate or acknowledge completion

Seven-day practice

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Complete	■	■	■	■	■	■	■
Notes							

For personal reflection and educational use only. This resource is not medical care, psychotherapy, diagnosis, or treatment.