

Habit stacking worksheet

Anchor a new habit to something you already do without deciding.

Fill the sentence first, then tick the days. The left half is the part people skip, and it is the part that works.

After I _____

I will _____

M

T

W

T

F

S

S

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After I _____

I will _____

M

T

W

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After I _____

I will _____

M

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After I _____

I will _____

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After I _____

I will _____

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After I _____

I will _____

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After I _____

I will _____

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