One habit

ISAK VIDINGHOFF

Starting _____ Time for tiny: _____ min. Time for full: _____ min

Week 1 is the table. Tick Tiny or Full each day. Both count. There is no streak count: if you miss a day, leave it empty and go on to the next.

☐ Habit sentence written below ☐ Tiny and full versions written below

	After I ...	I ... (tiny or full)	Tiny	Full
Mon			☐	☐
Tue			☐	☐
Wed			☐	☐
Thu			☐	☐
Fri			☐	☐
Sat			☐	☐
Sun			☐	☐

My habit sentence: After I ..., I ...

Tiny version (the smallest step that still counts)

Full version

Weeks 2 to 4: write T for tiny or F for full

Week 2 ☐☐☐☐☐☐☐

Week 3 ☐☐☐☐☐☐☐

Week 4 ☐☐☐☐☐☐☐

At the end of the month: what helped? What do I change?

The ideas on these pages come from Isak Vidinghoff's free book, After the Crash (chapters 7 and 10). Print a fresh copy at isakvidinghoff.com/printables/one-habit/

I'm back

ISAK VIDINGHOFF

Missed some days? Start here. Progress, not perfection. Write one line to start again.

- [ ] Look at your habit sentence on page one
- [ ] Pick the tiny version for the first day back
- [ ] Answer the three prompts below
- [ ] Tick the first day on page one

I'm back: my next step, as small as I can make it

Three short prompts

Why do I want this habit?	How can I make it easy?	What is my plan for the day I miss?

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