



Choose a few small habits, tie each to a cue, tick the days for four weeks, and look back kindly at the end of the month.

01 Choose one to three habits

Fewer is better. Each new habit needs its own repetitions, so pick the one or two that would make the most difference, and leave the rest for another month.

The habits I'll build this month:

1.

2.

3.

Why these matter to me, in my own words:

Check each habit before you start:

- ☐ It's an action I can do, not a result (walk after dinner, not lose weight).
- ☐ It's small enough to do on a tired, busy day.
- ☐ It can happen at roughly the same time or place each day.
- ☐ It's something I want, not something I think I should want.

02 The cue and the tiny version

Tie each habit to something you already do every day, and write the smallest version that still counts. 'After I pour my coffee, I'll write one line' is a plan. 'Journal more' is a wish.

Habit	After I... Something I already do daily	I will... The tiny version	Where And what I'll set out to make it easy

03 This month's tracker

Write each habit in the first column. In each week, mark the days you did it (M T W T F S S). A tick for the tiny version counts the same as a big day. Blank days are just information.

Habit	Week 1 M T W T F S S	Week 2 M T W T F S S	Week 3 M T W T F S S	Week 4 M T W T F S S

Any extra days at the end of the month:

04 A kind rule for missed days

You will miss days. That's normal. Decide now what you'll do when it happens, so a missed day doesn't turn into a missed month.

My rule, ticking any that fit:

- ☐ I'll start again at the very next cue, with no catching up.
- ☐ After a miss, I'll do only the tiny version next time.
- ☐ I won't call a missed day a failure, in my head or on this page.
- ☐ If I miss several days, I'll make the habit smaller, not give up.

What I'll say to myself when I miss a day:

05 Monthly review

At the end of the month, look back with curiosity, not judgement. The point is to learn what works for you, not to grade yourself.

What helped? (times, places, people, what I set out)

What got in the way?

Habit

Next month I'll...

Keep, shrink, change the cue, or drop

One thing I'm glad I did this month:

When you're done, a moment to reflect

- Which habit started to feel more automatic this month, and what was its cue?
- On the days you didn't do a habit, what was going on?
- Was any habit too big? What's a smaller version that would still count?
- Who or what made the habit easier this month?
- If you dropped a habit, was it the wrong habit or the wrong time?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.