

# ■ Habit-Linking Worksheet

What is Habit-Linking?

Habit-linking (or 'habit stacking') means connecting a new habit to something you already do daily.

Formula: After I [current habit], I will [new habit].

## ■ Step 1: Identify Your Anchor Habits

List 3–5 things you already do each day:

I Already Do This

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How Often?

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When/Where?

## ■ Step 2: Choose a Tiny New Habit

Write down small, meaningful habits you'd like to start:

New Habit

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Why I Want to Do It

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How Long It Takes

## ■ Step 3: Build the Habit Stack

Use the formula: After I [anchor habit], I will [new habit]:

Anchor Habit

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New Habit

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Habit Stack Sentence

## ■ Step 4: Choose a Cue Booster

What will help you remember?

- Sticky note reminder
- Leave materials out
- Set a reminder alarm
- Buddy system
- Add to planner or habit tracker

## ■ Step 5: Choose a Mini Reward

List a few quick, positive ways to celebrate when you complete your habit:

- Fist bump / 'Yes!'
- Sticker or check mark
- Watch a short video
- Smile and breathe
- High five in the mirror

## ■ Step 6: Weekly Check-In

Did I remember?

What worked well?

What can I change?