

## ■ 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?**