

Mini Habits: Smaller Habits, Bigger Results

by Stephen Guise

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Choose one mini habit**
Define a daily action that takes less than one minute.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Attach it to an anchor**
Place the action after something you already do every day.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Complete the tiny version**
Do only the minimum today and count it as a win.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Track with one mark**
Put one simple checkmark on paper after completion.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Reject bonus pressure**
Let extra effort be optional, not the new standard.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Lower a stuck habit**
If you skipped twice, cut the requirement in half again.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Prepare the cue**
Put the book, mat, notebook, or tool where the habit starts.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN