

One Small Step Can Change Your Life

by Robert Maurer

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

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01

Ask the tiny question

Pick one goal and ask daily: What is one small step I could take for thirty seconds?

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02

Shrink the habit

Reduce a stuck behavior to a version that takes two minutes or less.

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03

Stop while it is easy

End the first few sessions before effort spikes so your brain remembers the habit as approachable.

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04

Use a micro reward

After the tiny action, pause and say what you did right in one sentence.

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05

Design a starter cue

Attach the tiny step to something already stable, like brushing teeth or opening your laptop.

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06

Lower the threshold again

If you miss twice, cut the action in half instead of judging the plan.

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07

Track contact, not volume

Mark whether you touched the behavior today, not how impressive the session was.

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08

Create a fallback version

Define the minimum version for low-energy days before you need it.

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