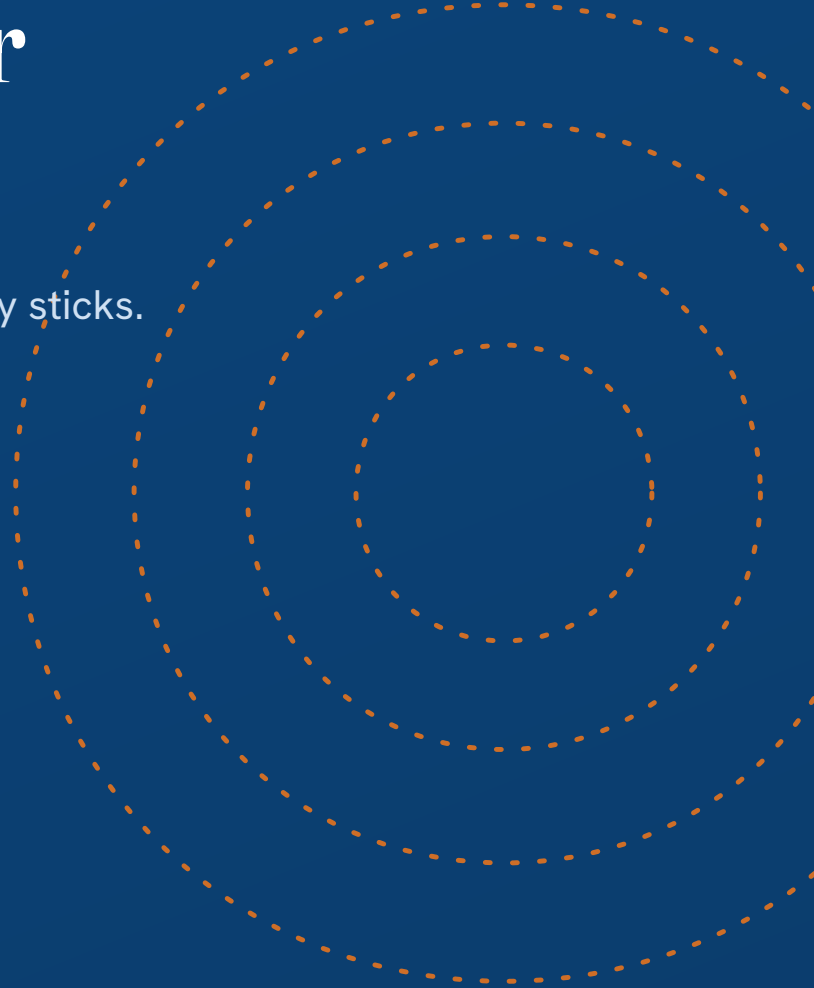


● LIFE PLANNING · HABITS

Habit Builder Worksheet

Build one small habit that actually sticks.

A guided worksheet from VoiceFirstPlanner



FREE

Goals get you started; habits keep you going. Build one small habit at a time — start tiny, anchor it to something you already do, and never miss twice.

1 · The habit (shrink it)

Make it so small it's almost impossible to skip — two minutes, max.

2 · The anchor

Attach it to a habit you already have.

After I _____, I will _____.

3 · Make it easy

What friction can you remove in advance? (Lay out the shoes, keep the book on the pillow.)

4 · The identity

Each repetition is a vote. Who are you becoming?

I'm becoming someone who _____.

YOUR 30-DAY TRACKER

Don't break the chain.

Tick a box each day you show up. Miss one? Fine. Just never miss twice.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Tick your habits off by voice — “I exercised today.”

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