HABIT CHAINS



SMALL ACTIONS. BIG MOMENTUM.

> MAKE THE NEXT RIGHT ACTION OBVIOUS.

WHY HABIT CHAINS WORK

Motivation comes and goes.

Habit chains remove decisions.

When one action naturally triggers another, momentum builds itself.

Instead of asking:

"WILL I DO IT?"

You ask:

"WHAT HAPPENS NEXT?"

MORNING

- [ ] Alarm goes off
- [ ] Drink water
- [ ] 5 minutes movement
- [ ] Protein breakfast
- [ ] Review today's plan

TRAINING DAY

- [ ] Finish work
- [ ] Change clothes immediately
- [ ] Travel to gym
- [ ] Complete workout
- [ ] Log workout
- [ ] Protein meal

EVENING

- [ ] Finish dinner
- [ ] Prepare tomorrow
- [ ] Fill water bottle
- [ ] Screens off
- [ ] Bed by 10:30pm

BUILD YOUR OWN CHAIN

Choose one behaviour you want to make automatic.

After I _____

I will _____

Because I want to become someone who _____

MY KEY TRIGGERS

What events can trigger positive action?

- [ ] Waking up
- [ ] Morning coffee
- [ ] Finishing work
- [ ] School run
- [ ] Walking through the front door
- [ ] Dinner finished
- [ ] Brushing teeth
- [ ] Getting into bed

Other: _____

MOMENTUM RULE

- Never miss twice.
- 1 One missed action is life.
- 2 Two missed actions is a new habit.
- Break the chain once. Never break it twice.



SUCCESS ISN'T A SINGLE ACTION. IT'S A CHAIN OF SMALL PROMISES KEPT.

STRENGTH. DIRECTION. DISCIPLINE.