

Level Up: Building Habit Chains Worksheet

4-Week Habit Formation Plan

Step 1: Choose Your First Habit

Target Habit: _____

Make it tiny! First week's version should take less than 5 minutes.

Week 1 Version: _____

(Examples: One pushup, meditate for 2 minutes, write one sentence)

Step 2: Design Your Trigger

When will you do this habit? Be specific!

After I _____, I will _____.

(Example: "After I brush my teeth, I will do one pushup")

Location: _____

Time of day: _____

What needs to be ready/available? _____

Step 3: Design Your Reward

Immediate reward after completion:

- Check box in habit tracker
- Small celebration (fist pump, "yes!")
- 5 minutes of _____
- Other: _____

Habit Formation Journey

Habit:

Trigger:

Accountability:

	Week 1	Week 2	Week 3	Week 4
Day 1	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 2	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 3	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 4	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 5	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 6	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>
Day 7	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>	<input style="width: 30px; height: 15px;" type="text"/>

Weekly Reflection for Week 1

Weekly Reflection for Week 2

Weekly Reflection for Week 3

Weekly Reflection for Week 4

Month Review

If you struggled to build consistent habits, reduce the difficulty (e.g. 5 minutes of meditation becomes 1 minute).

If you succeeded, increase the difficulty (e.g. 1 pushup becomes 5 pushups) OR increase the chain (see Chain building below)

Next month's target:

- Keep same level
- Increase difficulty (specify: _____)
- Decrease difficulty (specify: _____)
- Add new habit to the chain (specify: _____)

Chain Building

Once your first habit is consistent (don't miss two days in a row), add to the chain:

Current Trigger → Habit 1 → Habit 2 → Habit 3 → Etc. The consistent habit becomes the trigger for the new habit.

My Habit Stack

Initial Trigger:

Habit 1: _____

Habit 2: _____

Habit 3: _____

Habit 4: _____

Habit 5: _____

You can also start new chains with a new trigger, starting the process over (e.g. starting an evening routine after you've developed a good morning routine)

Old Habit Progress Review

As you build your habit stack, sometimes habits will slip and need to be revisited. Sometimes habits won't support you the way that you hoped. Use this section to review how your habits are going at the end of the month.

Date: _____

Habits that stuck:

1. _____

2. _____

3. _____

Habits that need work:

1. _____

2. _____

3. _____

Success patterns noticed:

Challenge patterns noticed:

Next month's focus:

Remember: Small, consistent actions compound into massive changes. The tendency is to get too ambitious early and then lose momentum after your initial push. Focus on making your habits tiny and consistent before making them bigger.