

IT IS MY YEAR.

Build better habits

Choose one small habit and practise returning to it. Thirty days is a starting point, not a promise that a habit will become automatic.

30 daily prompts · Start whenever you choose

Choose one prompt a day, or take longer. Use the writing space for your own thoughts, then tick the box when you have taken that step. Missing a day does not mean starting over.

My goal: _____

My start date: _____

DAY 01 · Choose something small

Choose one habit that supports a goal you care about. Write down why it matters.

☐ I took this step

DAY 02 · Choose something small

Shrink your habit to a version you can do in two minutes. Try it once.

☐ I took this step

DAY 03 · Choose something small

Choose an existing routine that will remind you to practise your habit.

☐ I took this step

DAY 04 · Choose something small

Put what you need somewhere you will see it at the right time.

☐ I took this step

DAY 05 · Choose something small

Remove one small obstacle that made yesterday harder.

☐ I took this step

DAY 06 · Choose something small

Repeat the smallest version today, even if you feel able to do more.

☐ I took this step

DAY 07 · Choose something small

Review your first week. What made starting easiest?

☐ I took this step

DAY 08 · Make it easier

Write a simple plan: after I do this, I will do my new habit.

☐ I took this step

DAY 09 • Make it easier

Prepare tomorrow's materials before you finish today.

☐ I took this step

DAY 10 • Make it easier

Notice what distracts you. Move one distraction out of reach.

☐ I took this step

DAY 11 • Make it easier

Try your habit at your chosen time and note whether the timing fits.

☐ I took this step

DAY 12 • Make it easier

Choose a satisfying way to mark completion, such as a tick on paper.

☐ I took this step

DAY 13 • Make it easier

Tell someone supportive what you are practising, if that feels useful.

☐ I took this step

DAY 14 · Make it easier

Review week two. Keep what works and change one obstacle.

☐ I took this step

DAY 15 · Practise returning

Write your minimum version for a busy or difficult day.

☐ I took this step

DAY 16 · Practise returning

Practise that minimum version without adding extra steps.

☐ I took this step

DAY 17 · Practise returning

If you missed a day, return today. If not, write your return plan.

☐ I took this step

DAY 18 · Practise returning

Notice one benefit of showing up, however small.

☐ I took this step

DAY 19 • Practise returning

Check that your habit still supports a goal you actually want.

☐ I took this step

DAY 20 • Practise returning

Prepare a version you could do away from home.

☐ I took this step

DAY 21 • Practise returning

Review your third week. Which cue has been most reliable?

☐ I took this step

DAY 22 • Find your rhythm

Repeat your habit without increasing the target today.

☐ I took this step

DAY 23 • Find your rhythm

Choose one environmental change that supports next week.

☐ I took this step

DAY 24 • Find your rhythm

Write a kind response to yourself for the next missed day.

☐ I took this step

DAY 25 • Find your rhythm

Try pairing your habit with something you already enjoy.

☐ I took this step

DAY 26 • Find your rhythm

Check whether your habit is realistic for your current schedule.

☐ I took this step

DAY 27 • Find your rhythm

Decide whether to keep the same size or make one gentle adjustment.

☐ I took this step

DAY 28 • Find your rhythm

Review your records. Look for helpful patterns rather than a perfect streak.

☐ I took this step

DAY 29 · Find your rhythm

Write your plan for the next month: cue, small action and backup version.

☐ I took this step

DAY 30 · Find your rhythm

Celebrate your practice and choose when you will next review it.

☐ I took this step

My next small step

What worked? What will I keep doing? What support would help me continue?

This programme is a general reflection and organisation guide. It does not promise an outcome or replace personalised professional advice. The download contains the prompts, not your private saved answers.