

One Thing You Do Every Day

Pick one small daily habit to build the rest of your day around.

WHEN TO USE THIS

Use this when your days feel shapeless and you do not know where to start.

Name a few small things you already do most days, even on bad days.

Coffee, feeding a pet, checking the mail.

1. _____
2. _____
3. _____
4. _____

Circle one above. Why that one? What makes it stick when other things do not?

What time of day does it usually happen, and what could you attach to it?

One small thing right before or right after.

Write your anchor in one line, big enough to read from across the room.

One thing held steady gives the rest of the day something to lean on.