

Habit Stacking & Daily Routine Template



“Small, consistent changes lead to massive results.”

Overview & Instructions:

What Is Habit Stacking?

Habit stacking is the process of **tacking on** a new habit to an **existing, automatic habit**—such as making your bed, brushing your teeth, or brewing coffee. By doing this, you use your brain's existing routines to anchor new behaviors.

How to Use This Template

1. **List** your current daily habits (both morning and evening).
2. **Identify** one new habit you'd like to implement.
3. **Pair** that new habit with something you already do without thinking (like brushing your teeth).

4. **Track** your progress for at least a week to see what works or needs adjusting.

Tip: Start with **one** new habit at a time; once it becomes routine, add more.

Daily Habit Inventory:

1. Morning Habits

- Write down everything you do most mornings in order (e.g., wake up, check phone, brush teeth, make coffee, etc.).

1. _____

2. _____

3. _____

4. _____

2. Evening Habits

- Write down your typical nighttime routine (e.g., dinner, TV, shower, check email, etc.).

1. _____

2. _____

3. _____

4. _____

Question: Which existing habit could be a great “anchor” for your new behavior?

Choose & Stack Your New Habit:

1. New Habit

- *Example:* “15 push-ups,” “5 minutes of meditation,” “Fill water bottle,” “Write 3 things I’m grateful for.”

My new habit: _____

2. Anchor Habit

- *Example:* Right after brushing my teeth, while coffee brews, right before I turn on the TV at night.

I will do (new habit) immediately after (anchor habit):

3. Tracking Sheet

Day	Completed? (Yes/No)	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Encouragement: Write how you feel on each day. Did it get easier?

Page 4: Adjust & Improve

1. What Worked?

- Did your anchor habit reliably trigger the new habit?
- How did you feel after completing it?

2. What Can Be Improved?

- Was the new habit too big? Need a smaller step?
- Do you need a different anchor time or location?

3. Next Step:

- **Keep** the new habit going if it's working.
- **Tweak** the anchor or habit if it's not sticking.
- **Add** another habit once the first one is automatic.

Additional Tips & Contact:

- **Start Small:** Aim for something that takes less than 5 minutes initially. It's easier to expand once it's ingrained.
- **Habit Pairing Ideas:**
 - After brushing teeth → 10 squats.
 - Before checking social media → 3 deep breaths.
- **Reach Out:** If you need help developing or refining your routines:
 - Email: Dr.JohnDC@drjohnDC.com
 - Website: www.BNXTLVL.blog