

Habit Maker

Identify some things you would like to do each day, and write them down. Give yourself a tick for every day that you do each habit.

Habit to make	How can I reduce friction?	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
E.g. Drink more water	Buy a new large water bottle to carry around and keep it topped up	✓	✓	✓				

Identify some things you would like to stop doing and write them down. Give yourself a tick for every day that you avoid your bad habit.

Habit to break	How can I increase friction?	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
E.g. Stop eating high sugar breakfasts	Buy porridge instead of high sugar cereals - if I don't have the high sugar cereals I can't eat them	✓	✓	✓	✓	✓		