

Tiny Habit Builder

Tiny habits are small, simple actions you can add to your day without overwhelm. They build confidence, consistency, and long-term resilience by focusing on what feels doable right now. Use this worksheet to choose a tiny habit and create a gentle plan for sticking with it.

1. Choose Your Tiny Habit

What small action do you want to practice?

2. Anchor It to Something You Already Do

After I _____, I will _____.

3. Make It Easy

How can you make this habit as tiny and simple as possible?

4. Celebrate the Win

What small way will you celebrate when you complete your habit?

5. Track Your Tiny Habit

Check off each day you complete your tiny habit:

Mon Tue Wed Thu Fri Sat Sun

Reflection

How did practicing this tiny habit make you feel?
