

Habit Stacking

by S. J. Scott

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Pick one anchor that already happens daily**

Choose a routine that never requires motivation (example: making coffee, plugging in your phone, opening your laptop).

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⁰² **Write one stack in strict formula**

Use this sentence exactly: After I [anchor], I will [tiny behavior]. Keep the behavior under 5 minutes.

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⁰³ **Shrink the first rep tonight**

If your stack feels heavy, compress it. One page, one stretch, one line of journaling. Make starting trivial.

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⁰⁴ **Prepare the environment before bed**

Put required tools where the cue happens (book on pillow, water by coffee maker, notebook on desk).

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⁰⁵ **Track seven days with a one-line log**

At night, write: completed or missed, and why. Patterns appear quickly when you make the feedback visible.

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⁰⁶ **Add only one new stack next week**

Do not stack five habits at once. Stabilize one loop first, then layer the next behavior onto it.