

Checklist for Embedding a Habit

Goal:	
Motivation	
System/Habit	
Start Small	
Established Ritual	
Lower the Barrier	
Schedule It	
Set a Rule	
Buddy Up!	
Tell People	
Reward	

Check Yourself							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							

Refer to <http://www.james-parnell.com/business/the-mathematics-of-embedding-habits> for a guide to using this resource.