



CREATE YOUR RETURN PLAN

This sheet helps you write a clear plan to return to a habit.

- 1 Identify a specific cue that will trigger your action.
- 2 Choose a location where you'll perform the habit.
- 3 Define the smallest version of the habit you can do.
- 4 Write down your implementation intention in one sentence.
- 5 Place your plan where you'll see it when the time comes.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Decide the return before the excuse gets a vote.