

PREPARE YOUR RETURN

This sheet helps you set up your environment for easier habit return.

- 1 Identify one habit you want to return to.
- 2 Place a cue for this habit in a visible spot.
- 3 Identify one distraction that pulls you away.
- 4 Create a small obstacle for that distraction.
- 5 Reflect on how these changes impact your habit return over the week.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

☐

FRI

9

SAT

SUN

What I noticed this week:

Make tomorrow easier to enter, not harder to survive.