

STICKY HABITS

Create new habits with sticky note and a pen

PICK YOUR NEW HABIT

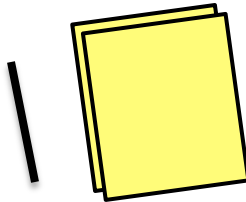
Pick one new habit to create.

Good habits are:

- small
- simple
- sustainable

Write your habit on 3 sticky notes.

Place one sticky note by your bed, one at your desk and one in your purse or wallet.



"We are what we repeatedly do. Excellence then is not an act but a habit"
- Aristotle.

To create a new habit all you need is:

- * a pen
- * sticky notes

PICK A TRIGGER

Pick a trigger for your habit:

- An existing habit
- A specific time of day
- An alarm or calendar reminder

RECORD YOUR PROGRESS

Draw a 5 x 7 grid on a sticky note to record your daily progress for a month.

'STICKY' TO YOUR HABIT DAILY

Read your habit on a sticky note each morning and throughout the day.

Do the new habit at the trigger every day.

Record every day you do your habit on the sticky note with a grid.

Commit to never missing more than one day in a row.

Commit to your habit for one month.

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