



**DA  
Y 1****CHOOSE YOUR ONE HABIT**

- Write down the single habit that would create the most momentum in your life right now
- Make it specific — "15 push-ups after brushing teeth at night" not just "work out"
- Identify your existing trigger (what you already do every day that can precede it)
- Fill in the "Your One Habit This Week" box above
- Do the 2-minute version of the habit today

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**DA  
Y 2****APPLY THE TWO-MINUTE RULE**

- Shrink your habit to the absolute minimum starting action
- The 2-min version is your non-negotiable daily floor — you do it no matter what
- Do the 2-minute version right now (or at your scheduled trigger time)
- Note: How did it feel to start? Did you do more than 2 minutes?

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**DA  
Y 5****START TRACKING**

- Print this sheet or open a notes app / calendar
- Mark an X for today and every previous day you completed the habit
- Build the chain — do not break it
- The visual chain becomes its own motivation. Protect it.

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**DA  
Y 6****DO IT WHEN YOU DON'T FEEL LIKE IT**

- This is the most important day. Not because of what you do — but what you prove.
- You will not feel like it today. Do the 2-minute version anyway.
- Just show up. That's the whole lesson for today.
- Note: What resistance did you feel? What helped you push through?

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**DA**  
**Y 7**

**REVIEW & RECOMMIT**

Did you complete the habit every day this week? Circle: YES / NO

If yes: commit to 7 more days. Raise the standard slightly.

If no: identify where the friction was and fix one thing.

Either way — commit to another 7 days right now.

Write your commitment: "I will [habit] every day for the next 7 days."

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# 30-DAY HABIT TRACKER

Mark an X every day you complete your habit. Never miss twice.

HABIT: \_\_\_\_\_ Month 1

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

HABIT: \_\_\_\_\_ Month 2

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

"You do not rise to the level of your goals. You fall to the level of your systems." — James Clear, Atomic Habits  
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