

7-DAY ATOMIC HABITS RESET

Morning Routines, Night Routines, Tracking Sheets & the Complete 7-Day Launch System

One week. One habit. No excuses. This PDF contains everything you need to launch your first real habit system — morning setup, night setup, daily execution, and a tracking sheet.

[FREE RESOURCE | GRINDINSILENCE8.COM](https://grindinsilence8.com)

THE THREE RULES

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|---------------|--|
| RULE 1 | The best habit is the one you'll actually do. Start with simple. |
| RULE 2 | Never miss twice. One miss = accident. Two = new habit forming. |
| RULE 3 | Momentum follows action. Start first. Motivation comes after. |

YOUR LAUNCH SETUP

My ONE habit:

2-minute version:

Trigger (existing habit):

Visual cue I'll set up:

Tracking method:

Paper calendar / Notes app / Habit app

YOUR DAILY ROUTINE SETUP

MORNING (5-10 min)

- No phone for first 5 minutes
- Drink water immediately
- 10 push-ups / short movement
- Execute your ONE habit (or 2-min version)
- Review your ONE priority for the day

NIGHT (10 min)

- Write tomorrow's ONE most important task
- Set up visual cue for morning habit
- Close tabs, apps, notifications
- Phone in another room
- Mark today's X on the tracker

DA
Y 1

**DA
Y 3**

STACK IT

- "After [EXISTING BEHAVIOR], I will [NEW HABIT]"
- Write this formula and put it somewhere visible
- Execute the stack at the trigger today
- The trigger makes the habit automatic — protect this connection

**DA
Y 4**

DESIGN YOUR ENVIRONMENT

- Set up ONE visual cue for the habit
- Remove ONE thing that triggers your biggest bad habit
- Lay out / prepare everything you need for tomorrow's habit
- Do today's habit with the new environment

DA Y 5

START TRACKING

- Set up your tracking system (calendar, notes app, or habit app)
- Mark an X for Days 1-4 if completed, or today's X to start
- Don't break the chain
- The visual streak becomes its own motivation

DA Y 6

DO IT WHEN YOU DON'T FEEL LIKE IT

- Today is the test. You will not feel like it.
- Do the 2-minute version. That is all.
- You are proving something to yourself today — not just doing a habit.
- Show up. Mark the X. Win.

DA
Y 7

REVIEW & RECOMMIT

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

If yes: commit to 7 more days and raise the bar slightly

If no: identify the friction point and fix ONE thing

Either way — commit to 7 more days right now

Write: "Week 2 commitment: _____"

HABIT TRACKER

Mark an X every day you execute. Never let two blanks stack.

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	

THE TWO-MINUTE VERSIONS

HABIT	2-MINUTE VERSION
Working out	Put on your workout clothes
Reading	Open the book to your page
Journaling	Open the notebook and write one sentence
Studying	Open the material and read one page
Side hustle	Open your project and do one task
Saving money	Open your banking app and review balance
Meditating	Sit down, close eyes, take three deep breaths

Pick one habit. Shrink it to two minutes. Do it today. Do it tomorrow. Don't miss twice. Track it. Build the chain.
Grind in silence. The system does the talking. GRINDINSILENCE8.COM | GET ATOMIC HABITS:
amzn.to/4ddr4rs