

1 · My reliable anchors (things I already do daily, same time & place)

2 · My stacks (start with ONE; add the next only after two weeks)

AFTER I ...	I WILL ...	STARTED ON

3 · Quality check for each stack

1. **Specific anchor?** "After I pour my coffee" beats "in the morning."
2. **Tiny behavior?** Under 2 minutes to start. You can grow it later.
3. **Same place?** The anchor and the new habit should happen where you can act immediately.
4. **Energy match?** Don't stack a high-energy habit onto a low-energy moment.

If a stack keeps failing, the anchor is usually the problem — not you. Pick a more reliable anchor or shrink the behavior until it's laughably small.