

# How to use this Worksheet

Daily Habit Builder · Mindset & Habits

## INSTRUCTIONS

- Find a quiet moment. This takes 3 to 5 minutes.
- Don't overthink. Write the first honest answer that comes to mind.
- Short responses work best. Single words or phrases are enough.
- There are no right or wrong answers. This is not a test.
- Skip any line that feels unclear. You can return to it later.
- Move through it gently.

## SUGGESTIONS WHILE FILLING IT

- Answer from instinct, not logic.
- Think about what is true for you now, not what you wish were true.
- The smallest version of a habit is always the right place to start.
- If a line makes you pause, that usually means it matters.
- Don't aim for perfection. Aim for honest.

## WHEN YOU REACH THE FINAL SECTIONS

### → My One Practice

Keep it small enough to do on your hardest day. That is the version that builds the habit.

### → My Guiding Sentence

Write it once. Read it on the days you want to give up. It will bring you back.

## WHY THIS WORKS

- **Fixed anchors create lasting change.** When a new habit is attached to something you already do every day, the brain links them through associative memory. Over time, the existing behaviour automatically triggers the new one. No willpower needed.
- **Repetition physically rewires the brain.** Each time you perform a habit, the neural pathway associated with it strengthens. Neuroscience calls this long-term potentiation. Consistency, even in small doses, changes the structure of the brain.
- **Small beats intense.** The version of a habit you can do on your worst day is more powerful than the version you can only do when everything is perfect. Reliability builds the pathway. Intensity does not.
- **Identity drives behaviour.** Research shows that when people see a habit as part of who they are, not just something they do, they are significantly more likely to maintain it long term. Writing who you are becoming matters.

*Designed by a certified coach and neuroscience expert for the MYRA platform*

## Daily Habit Builder

Small. Consistent. Yours.

### WHERE I AM RIGHT NOW

The habit I most want to build is \_\_\_\_\_

The time of day I have the most energy is \_\_\_\_\_

The biggest thing that gets in my way is \_\_\_\_\_

When I skip something I planned to do, I usually \_\_\_\_\_

### MY ANCHOR

Something I already do every single day without fail is \_\_\_\_\_

I will do my practice right **before / after** \_\_\_\_\_

The version of this I could do even on my worst day is \_\_\_\_\_

The person I am becoming by doing this is someone who \_\_\_\_\_

### MY ONE PRACTICE

The one practice I am committing to is \_\_\_\_\_

I will do it at \_\_\_\_\_

I will know it is working when I feel \_\_\_\_\_

### MY GUIDING SENTENCE

*I am someone who* \_\_\_\_\_ ,

*and even on hard days, I choose to* \_\_\_\_\_ ,

*because I know that* \_\_\_\_\_ .