

TINY HABIT TRACKER & GENTLE RESTART GUIDE

Build Small Habits with Kindness Toward Yourself

A printable workbook · 10 slides · 4 worksheets · Guide pages 7–9

Print the pages labeled Worksheet 1 of 4 through Worksheet 4 of 4 for your working copies.
Guide Pages are slides 8–10.

Rooted in self-compassion research · Clear, 2018 · Fogg, 2019 · Breines & Chen, 2012

Introduction



Inspired by practical habit frameworks

Clear and Fogg describe ways to make actions small and manageable; this guide adapts those ideas.
(Clear, 2018; Fogg, 2019)



Starts Tiny

Starting small reduces friction. When a habit requires very little effort, you are more likely to begin — and beginning is often the hardest part.



Self-Compassion First

Responding to setbacks with kindness rather than self-criticism supports ongoing motivation.
(Breines & Chen, 2012)

Use the four worksheets to plan, track, and reflect. Guide pages offer background reading and references.

THE RESEARCH

Why Small Habits Matter

Ideas behind this guide

01

Starting small reduces friction

When a habit requires very little effort, you are more likely to begin — and beginning is often the hardest part. (Fogg, 2019)

02

Repetition builds familiarity

Each time a behavior is repeated in a consistent context, it becomes easier to do — though the timeline varies widely between individuals and behaviors. (Clear, 2018)

03

Self-compassion after setbacks helps

People who respond to their own failures with kindness show greater motivation to improve. (Breines & Chen, 2012)

Try making the first step very small — even a couple of minutes can be a place to start.

Worksheet 1 of 4 — My Habit Intention

WORKSHEET

Try making the first step very small — even a couple of minutes can be a place to start.

The habit I want to build:

Why this habit matters to me:

I will know I have done it when:

One very small version I could start with:

Worksheet 2 of 4 — My Habit Plan

WORKSHEET

Missing a day is normal. What matters is how you respond — with kindness, not criticism.

My action (what I will do):

My cue (when / where / after what):

My habit statement — "After I ____, I will ____ for ____ minutes.":

What I will do if I miss a day:

Worksheet 3 of 4 — 7-Day Habit Tracker

WORKSHEET

Habit I am tracking this week:

Day	Date	Done ✓	Not Today ○	Notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Remember: every day you notice your habit — done or not — is a day you are paying attention. That counts.

Worksheet 4 of 4 — Gentle Restart

WORKSHEET

Use this page any time you want to begin again — without judgment.

What happened (just the facts, no judgment):

What I notice I am feeling right now:

What I would say to a friend in this situation:

One small step I can take today or tomorrow:

Restarting gently is a skill, not a shortcut

Understanding Why Habits Form

B.J. Fogg's Behavior Model: $B = MAP$

A behavior happens when Motivation, Ability, and a Prompt converge at the same moment. All three must be present — no single element alone guarantees a habit forms.

M

Motivation

Your desire or reason to do the behavior. It can be high or low — and it naturally fluctuates over time.

A

Ability

How easy the behavior is to do right now. Making the habit tiny increases ability and lowers the threshold for action.

P

Prompt

A cue or reminder that triggers the behavior. Without a prompt, even motivated people often forget.

Note: These are simplified summaries. See Fogg (2019) for the full model.

Make It Easy · When You Miss a Day

Writing Step 5 — Make It Easy

Identify a stable cue you already have and attach your tiny habit to it — this is called "habit stacking." (Clear, 2018)

The easier the start, the more likely you begin. Aim for a version of the habit so small it feels almost too easy.

Examples:

- After I pour my morning coffee, I will write one sentence.
- After I sit at my desk, I will take three slow breaths.

Writing Step 6 — When You Miss a Day

1

Notice without judgment

Observe what happened — just the facts. Harsh self-criticism tends to reduce motivation rather than increase it. (Breines & Chen, 2012)

2

Respond as you would to a friend

Ask: "What would I say to someone I care about in this situation?" Then apply that same kindness to yourself.

3

Choose one small next step

You do not need to catch up or compensate. Returning to the habit — even in a reduced form — is enough.

Missing a day is a normal part of building any habit — not a sign that something is wrong with you or your plan.

Putting It All Together



Start Tiny

Choose a version of the habit so small it feels almost too easy to do. That is the right size to begin.



Attach to a Cue

Link your habit to a consistent moment already in your day — a stable prompt makes forgetting less likely.



Be Kind to Yourself

Respond to setbacks with the same compassion you would offer a friend. Returning gently is a skill, not a shortcut.

References & Sources

Clear, J. (2018). Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones. Avery/Penguin Random House.

Fogg, B. J. (2019). Tiny Habits: The Small Changes That Change Everything. Houghton Mifflin Harcourt.

Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133–1143.

Duhigg, C. (2012). The Power of Habit: Why We Do What We Do in Life and Business. Random House. [Cue–Routine–Reward model]

Note: All claims in this guide are supported by the references above. Individual results may vary.