

## THE MICROHABIT METHOD

The most effective way to change a habit is via the **Microhabit Method**. Make sure that you read the entire section in the Pavlok Membership Course on Microhabits before continuing on.

Here is a quick summary.

**What is a microhabit?** *A microhabit is the smallest individual action you can take to spur the execution of a new behavior and turn it into a habit.*

In combination with proper cues and rewards, microhabits can help anybody execute even the most complex behavior changes without having to endure the long periods of forced, sustained willpower expenditure that typically exhaust and defeat you before reaching your goal.

### STEP #1

First, print out the calendar in this document.

### STEP #2

Next, create a meaningful routine that encourages you to execute the new behavior.

- Choose the end goal for your habit.
- Then, break the habit down into 4 component parts. These are your four “microhabits.”
- On the left column of the calendar, write the four micro habits down in the labeled rows.

The next page lists a recommended path.

### STEP #3

Choose a reward if you succeed, and a punishment if you fail. We recommend a daily penalty for failure, a small reward for daily success (eat a cookie! take a bath!), and a large reward for weekly success (buy myself a pair of shoes!).

### STEP #4

Make a serious commitment to stick to these microhabits. Remember – they are so easy to do, you can’t fail.

### STEP #5

Get started immediately! Do the first microhabit today, and mark the calendar for success. Go celebrate – you’re habit is changing!

## MEDITATION

Here is a recommended list of microhabits for forming this habit. Feel free to change them up. When you are ready to commit, write down the microhabit on the correct row in the calendar.

**Microhabit 1:** Set an alarm. Sit still for 10 secs at that alarm.

⚡ ⚡ **Optional:** Add 10 seconds more every day.

In the calendar, write: what time you finished your mindfulness session

**Microhabit 2:** Using the alarm, Sit still for 1 minute at that alarm. Count your out-breaths, and when you lose focus, start again from 1.

⚡ ⚡ **Optional:** Add 1 minute a day.

In the calendar, write: Max # of out-breaths

**Microhabit 3:** Download the Calm app. Do a 10-minute meditation session.

⚡ ⚡ **Optionally:** Set a 10 minute silent timer, and add up to 1 minute a day

⚡ (You can use meditation app/audio if you'd prefer)

**Microhabit 4:** Do a session twice per day: in the morning, and before bed. Aim for two full sessions per day. Minimum, one full session + one 1-minute sit still.

In the calendar, write: the total # of minutes meditated each day

**Rewards:** We recommend a small daily reward, such as: have a cookie, take a walk, take a bath, give yourself a pat on the back.

We recommend a large weekly reward, when you hit 7 days in a row, such as: Buy yourself something big on Amazon, take a day off to hike, go see a movie, etc.

## MEDITATION

Start Date: \_\_\_\_\_

Microhabit 1: \_\_\_\_\_

Microhabit 2: \_\_\_\_\_

Microhabit 3: \_\_\_\_\_

Microhabit 4: \_\_\_\_\_

Reward: \_\_\_\_\_

Penalty: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01							
W02							
W03							
W04							
W05							
W06							

\*\*\* Instructions: Weeks 1-4 add a new microhabit each week.  
Week 5 and 6 continue tracking all microhabits

By signing I commit: \_\_\_\_\_  
*(signature)*