

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!

SLEEP BETTER

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: Pick a specific time you want to get up each day and set an alarm for that time. Wake up, sit up, and drink a full glass of water.

Microhabit 2: On top of week 1's microhabit, pick a specific time you want to go to bed each night this week and set an alarm 15 minutes before then to remind you. Then go to bed at that time.

Additional: No electronics within 10 minutes of bed at night.

Microhabit 3: On top of the other microhabits, pick 2 things you will do before bed as an evening routine to help you prepare for sleep (read, journal, wash your face, etc.). When your alarm goes off for bed do those two things, then go to bed.

Additional: No electronics within 10 minutes of bed at night.

Microhabit 4: On top of the other microhabits, pick two things you will do in the morning as a morning routine to help you prepare for your day (read, journal, meditate, run, etc). When your alarm goes off, wake up, sit up, drink a full glass of water and do those two things.

Additional: No electronics (phone, tablet, computer) until you have completed your morning routine.

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.

SLEEP BETTER

Start Date: _____

Microhabit 1: _____

Microhabit 2: _____

Microhabit 3: _____

Microhabit 4: _____

Reward: _____

Penalty: _____

Notes: _____

	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)