

Habit Design Worksheet

Build consistency around cues, friction, minimum versions, and recovery.

Web version: <https://beyondpsychub.com/habit-design-worksheet/>

Matching assessment: <https://beyondpsychub.com/habits-consistency-assessment-coaching/>

Use this worksheet after the Habits and Consistency Assessment to redesign one habit around clear cues, low friction, realistic minimums, predictable disruptions, and a simple restart plan.

Important disclaimer

This worksheet is for coaching, education, personal development, and self-help purposes only. It is not a diagnostic tool for ADHD, depression, anxiety, sleep disorders, addiction, or any other medical or mental-health condition. If persistent difficulty with routines is affecting your health, safety, work, relationships, or daily functioning, discuss it with a qualified medical or mental-health provider.

Step 1: Define the Habit Precisely

Habit I want to build

What counts as completion

Why it matters

When and where it will happen

Step 2: Create Three Versions

Version	What I will do
Full version	
10-minute version	
2-minute restart version	

Step 3: Build the Cue

Existing routine or event I can
attach it to

Visual or environmental cue

What needs to be prepared in advance

Step 4: Reduce Friction

Current friction	How I can make the habit easier

Step 5: Plan for Predictable Disruptions

If I am short on time, then _____

If I miss one day, then _____

If motivation is low, then _____

If my environment changes, then _____

Step 6: Simple Tracking

Choose one tracking method that takes less than one minute, such as a calendar mark, checkbox, note, app, or tally.

Tracking method _____

What I will review weekly _____

Step 7: Weekly Reset

- What made the habit easier?
- What caused most missed attempts?
- Was the habit too large?
- Did the cue work?
- What will I change next week?

Key Takeaways

- Design the habit around your real schedule.
- Use a minimum version for difficult days.
- Reduce friction before demanding more willpower.
- A restart plan matters more than a perfect streak.

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