

Momentum Habit Builder

Turn small actions into unstoppable momentum.

Habit I am forging:

Cue → Action → Reward

Cue (trigger): _____

Tiny action (so small it's impossible to fail): _____

Immediate reward: _____

Chain Tracker – Do NOT break the chain

Week 1:

Week 2:

Week 3:

Week 4:

After 30 days I will increase to:

Small actions, repeated relentlessly, become unstoppable forces.

MOMENTUM MATTERS