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Keep Your Practice Going!

The Sprint is over, but you're just getting started!

Two weeks is a great start! Research on habit formation shows it takes about two months, on average, for a new routine to feel automatic (some people get there faster; some take longer). The good news is that habits are built by design, not by willpower alone. Use these tips and the plan below to keep your favorite actions going.

Science-backed ways to make it stick!

1. **Pick your favorites.** Choose one or two actions you loved.
2. **Tie them to something you already do.** Habits grow when we repeat a behavior in the same moment of our day.

Link your action to a routine you already have: "After I unpack groceries, I'll move older food to my Eat First shelf."

3. **Make it easy.** Put your tote by the door, keep a mug in your car, or set a recurring reminder. When the low-waste choice is the easy choice, you don't have to rely on memory.
4. **Have a busy-day version.** On hectic days, do the smallest version: refuse one item, or walk one errand. Showing up matters more than doing it perfectly.
5. **Plan for the bumps.** Think about what's most likely to get in your way and decide now what you'll do: "If I forget my mug, then I'll stay and drink my coffee there."
6. **Don't go at it alone.** Tell a friend, find a buddy, or share your plan in the feed. Saying it out loud makes you more likely to follow through.

Missed a day? No big deal. One slip won't undo your progress. Just pick it back up the next day, and go easy on yourself.

Check a box each week you keep it up: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Habit Reflection Journal : Planning for Change That Sticks

The habit I want to try:

Why this matters to me:

Why do I want to try this? What does it support in my life, well-being, or values?

When this will feel hardest:

What situations, days, or conditions are most likely to get in the way? (busy schedules, low energy, stress, travel, competing priorities)

How I can make this easier:

What's one simple adjustment I can make to my space, routine, or timing to support this habit?

Support and reminders:

Who or what can help remind or support me? (People, reminders, routines, tools)

Success on a 'hard day' looks like:

On a tough day, what's the smallest version of this habit that still feels like progress?

One thing I'll try this week to get started:

What's the one small step I'm willing to try next?