MAKE your BED & BUILD your FUTURE!

Making your bed might seem small but it is a stepping stone to success. Each habit you repeat rewires your brain thanks to neuroplasticity, which is your brain's ability to form new pathways and strengthen them over time. Small habits build on each other and each success creates momentum that makes the next success easier.

WHY START SMALL?

- Small wins create quick confidence
- Repetition wires new brain pathways
- Consistency matters more than intensity
- One habit makes the next habit easier
- Starting with a win sets a positive mindset for the day.

HABIT STACKING

Habit stacking is the practice of linking a new habit to an existing one so the routine becomes easier to remember and more automatic.

Example Habit Chain:

1. Make your bed
2. Drink a glass of water
3. Write quick to-do list for the day
4. Head out the door ready to go

Your brain learns the rhythm and begins to expect success after each step.

BUILD your OWN HABIT CHAIN

<u>Step 1:</u> Write one small daily habit you can commit to (example: fill water bottle, review notes, stretch).
<u>Step 2:</u> Add one more positive step that could follow it.
<u>Step 3:</u> Repeat daily and watch how it gets easier.

1 Make my bed.
2 _____
3 _____

REWARD _____

Take a moment to celebrate each habit with a compliment to yourself or a small moment of acknowledgment, because intentional celebration trains your brain to enjoy and repeat success.

TIPS for SUCCESS

- Be patient with yourself. Habits take time
- Celebrate small wins and enjoy progress
- If you miss a day, just start again tomorrow
- Success is built over time, not rushed

TRACK your WINS

	S	M	T	W	T	F	S
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

NOTICE the CHANGE

1. How does completing one small habit affect the rest of your day?

_____

_____

_____

2. What's the next habit you'd like to stack onto this one?

_____

_____