



# HABIT STACKING

## WHAT IS HABIT STACKING?

Habit stacking is a simple yet powerful way to build new habits by pairing them with existing ones. Instead of trying to create new routines from scratch, you attach a new habit to something you already do consistently. This makes it easier to remember and integrate the new behavior into your daily life.

## HOW IT WORKS

- Identify an existing habit you do regularly.
- Choose a new habit that naturally pairs with it.
- Stack the new habit immediately before, during, or after the existing habit.
- Repeat consistently until it becomes automatic.

## EXAMPLES OF HABIT STACKING

- While making coffee in the morning, tidy up one small area of the kitchen.
- After brushing your teeth at night, put one item back in its designated place.
- When taking off your shoes, place them in the designated storage area.
- Before sitting down to watch TV, do a quick five-minute declutter of the living room.

WHY DO I WANT THIS HABIT(S)

NOTES & FREE THOUGHTS

DATE

NEW HABIT(S)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

INSPIRATION FOR THE NEW  
HABIT(S)

## TIPS FOR SUCCESS

- Start small! Choose easy, quick habits to pair together.
- Make it obvious—pair habits that naturally go together.
- Be consistent! The more often you repeat, the easier it becomes.
- Track progress to reinforce your habit stacking success.

By incorporating habit stacking into your daily routine, you'll create a more organized home effortlessly! Try it out and experience the difference.

