

# HABIT STACKING

## What is Habit Stacking?

Habit stacking is one of the best ways to build a new habit. You identify a current habit you already do each day and then stack your new behaviour on top. With this method, it is important to start as small as possible so that the new habit is easily achievable.

## What could this look like?

1. While I wait for my kettle to boil for my morning cup of tea, I will do a minute of mindfulness.
2. After I have eaten my dinner, I will get in touch with a friend or family member for a chat.

Once you have got the hang of stacking one habit, you can create larger stacks by chaining more habits to the ones you have already made!

1. While I wait for my kettle to boil for my morning cup of tea or coffee, I will do a minute of mindfulness.
2. After I have done my minute of mindfulness, I will spend some time outside.

Use the template below to get started on your habit stacking!

1. List your current habits – what are 5 things you do everyday?
2. What are some new habits or things you would like to do more of?
3. Start small!
4. Add a new habit to one of your current ones
5. Show yourself Compassion!



# HABIT STACKING

**1** List your current habits, what are five things you do everyday?

Five horizontal bars for listing current habits, alternating in color (pink, black, pink, black, pink) with dashed lines for writing. Yellow arrows point from the bottom of one bar to the top of the next, indicating a sequence.

**2** What are some new habits or things you would like to do more of?

Five horizontal bars for listing new habits, alternating in color (pink, black, pink, black, pink) with dashed lines for writing. Yellow arrows point from the bottom of one bar to the top of the next, indicating a sequence.

**3** Add some new habits to your current ones to build them into your routine!

Five horizontal bars for listing new habits to add, alternating in color (pink, black, pink, black, pink) with dashed lines for writing. Yellow arrows point from the bottom of one bar to the top of the next, indicating a sequence.

## TOP TIP

Start small and build up on the habits you want to make. Maybe start with one new habit and see how that goes!

We know that things don't always go to plan first time, so take your time and remember to practice self-compassion. Remember, every small step that you take will impact on your wider goals.

