

Habit Stack Cards

**After I pour my
morning coffee...**



I'll take 3 deep breaths.

This anchors mindfulness to a daily ritual and activates calm focus before the day begins.

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**After I fill my
water bottle...**



**I'll walk 1 lap around
the room.**

**This pairs light movement
with hydration.**

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After I end a meeting...



I'll stand up and stretch.

This interrupts sitting time and improves circulation post-call.

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**After I check my
first emails...**



I'll do 3 neck rolls.

This links movement with task transition, perfect for micro-recovery.

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**After I open my
calendar...**



**I'll set 1 mindful intention
for the day.**

This boosts clarity and keeps focus
values-driven.

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**After I step away
for lunch...**

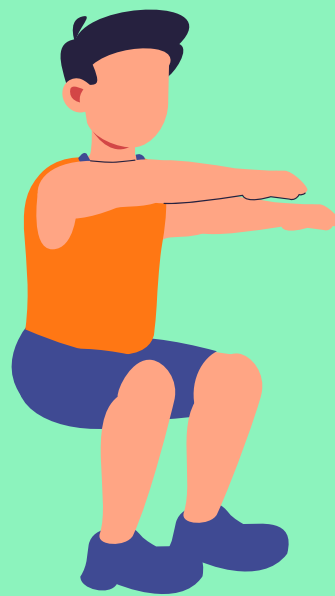


**I'll go for a 3-minute walk
without my phone.**

Movement and unplugging boosts
oxygen flow and mental reset.

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**After I plug in
my laptop...**



**I'll do a 1-minute wall sit
before sitting down.**

This gives a moment of movement to break
sitting patterns.

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**After I close a tab or
finish a task...**



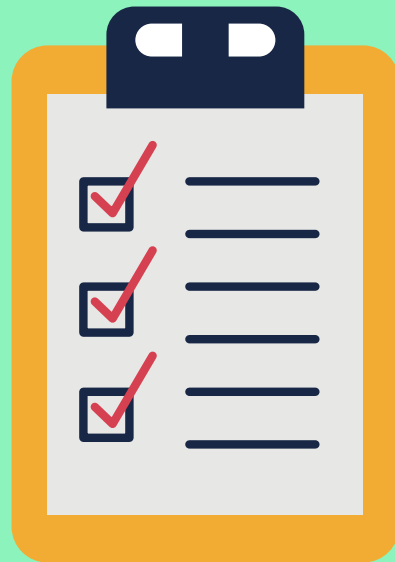
**I'll pause and do one round
of box breathing.**

Inhale for 4, hold for 4, exhale for 4, hold for 4.

Use this pause to reset your focus.

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**After I scan my
to-do list...**



**I'll roll my wrists and
stretch my fingers.**

Perfect for those long typing sessions and
mouse-heavy tasks.

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After I read a long document...



I'll follow the 20-20-20 rule.

Every 20 minutes, look at something 20 feet away for 20 seconds.

This helps reduce eye strain and refresh focus.

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After I get a new email notification...

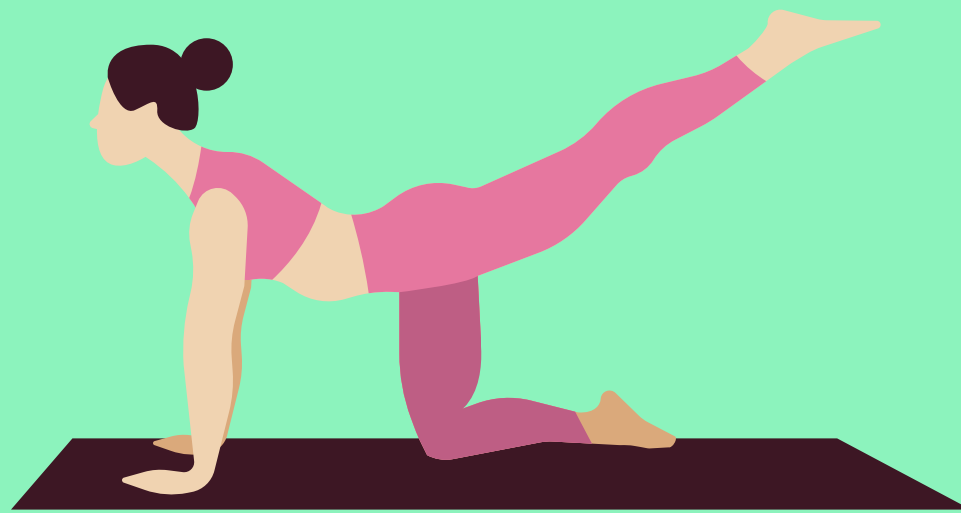


I'll pause and do a quick sensory reset.

Name 3 things I can see, 2 things I can hear, and 1 thing I can feel.

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**After I shut my computer
at the end of the day...**



- I'll take 1 full-body stretch and say one thing I'm grateful for.**

Close your workday with both movement
and mindful reflection.