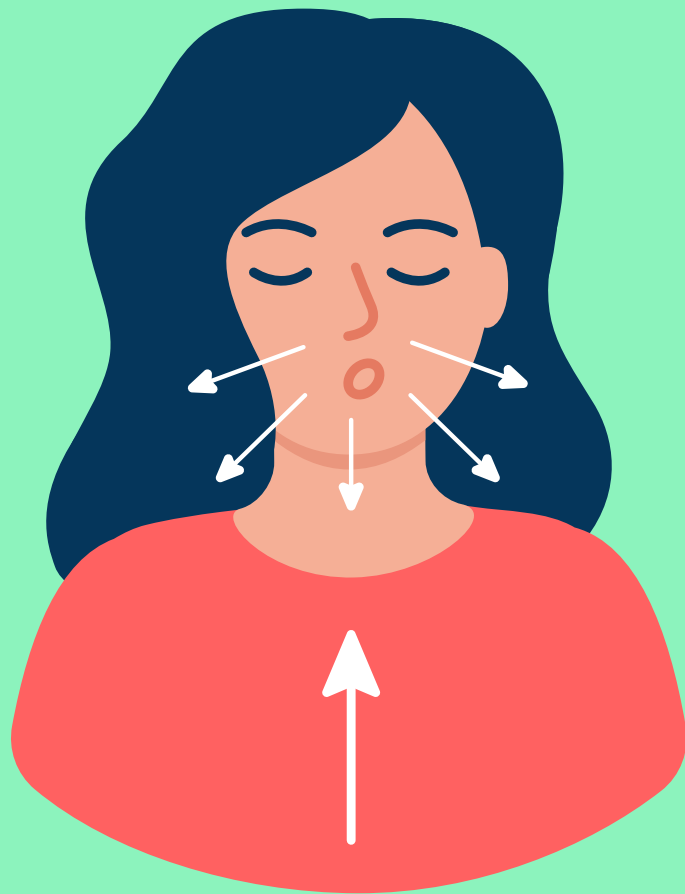


## Adaptive Habit Strategies

**Do a smaller version of your habit on busy days**



“I’ll swap my 10-minute meditation for 3 deep breaths between meetings.”

Small habits are easier to keep and help you stay on track.

## Adaptive Habit Strategies

# Link the habit to a regular part of your day

“After I make breakfast, I’ll do a few stretches.”



Familiar anchors make it easier to remember and boost follow-through.

## Adaptive Habit Strategies

# Remind yourself why the habit matters

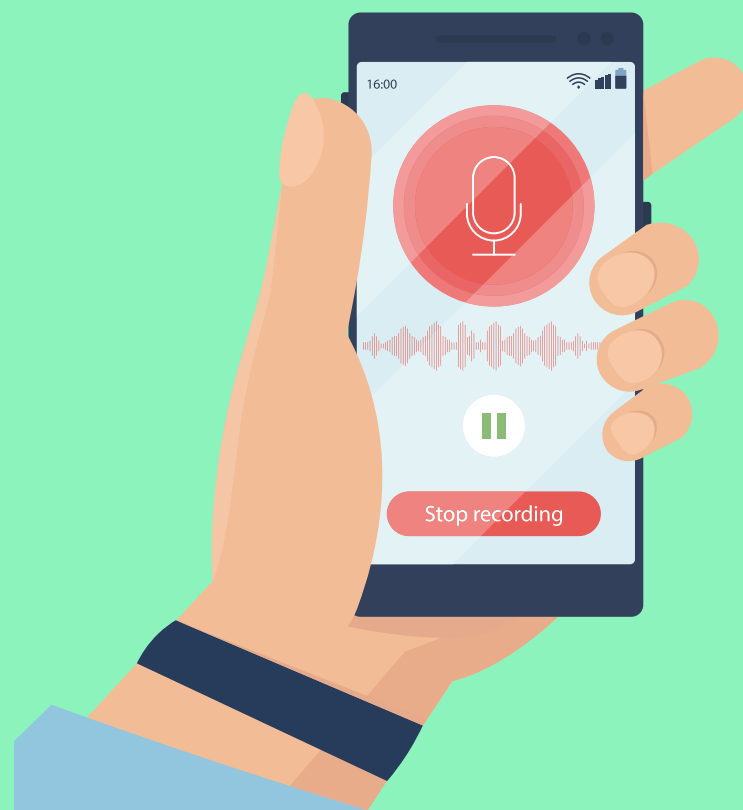
“This stretch helps me stay focused and grounded.”



Purpose fuels motivation.

## Adaptive Habit Strategies

**Change when or how you do  
the habit to fit your day**



“I’ll record my notes instead of writing them down.”

If a habit starts to feel hard or stale, a small change can help you keep going.

## Adaptive Habit Strategies

**Add something new to your habit to keep it interesting**



“I’ll invite my friends to do a 7-day gratitude photo series with me!”

Variety helps you stay curious and engaged.

## Adaptive Habit Strategies

# Track your habit or share it with others

“I’ll share my progress with my friends’ group chat.”



Seeing your progress and sharing it makes you more likely to stick with it.

## Adaptive Habit Strategies

# Have a simple backup ready for busy days

“Since I can’t go to the gym today, I’ll take the stairs instead of the elevator.”



Having a plan B keeps you moving forward  
without guilt.

## Adaptive Habit Strategies

**Make sure your habit still fits  
your energy and schedule**



“I’ll move my study period from after dinner to the morning, when my mind is more alert.”

**Habits that adjust to life changes are easier  
to maintain.**