


1) Goal/Behavior/Habit:

Learn 2 moon walk

2) Do you have a  
Clear next step  
of what to do  
to make progress?

3)  2a.  
Capture & Optimize Research

39.

Open bookwork  
yt video  
& practice  
1 more

36

Is this worded specific-  
enough to complete in less  
than 2 minutes?

Y  
N

Performing  
research is  
next step  
yt videos

/Google/  
AI chat  
to brainstorm  
ideas

2b)  
Select Behav<sup>r</sup>

ask questions  
to help them break  
it down into  
something that is  
< 2 min

4)

what are some times  
you think you could  
perform 3a.?

④ → Before / After 4

(+)



5)

Trigger Map

(+)  
[ 3 a ]

(if before)

(+)

[ 4 ]

(+)

[ 3 a ]

(if after)

(+)