# Founder Habit System Tracker

## IDENTITY FOUNDATION

### My Identity Statement:

I am the kind of founder who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and I show up with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

### My Keystone Habit (Identity Vote):

Each day, I will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to cast a vote for my identity as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ founder.

## ENVIRONMENTAL ARCHITECTURE COMPONENTS

### A. Habit Stack Anchor

*I will perform this habit right after:*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (existing habit)

#### Habit Stability Assessment:

Rate how consistently you perform your anchor habit (1-10): \_\_\_\_\_

#### Context Match:

Does your anchor habit occur in the same:

* Physical location as your identity vote? YES / NO
* Time of day as your ideal identity vote? YES / NO
* Energy state needed for your identity vote? YES / NO

### B. Environment Cue Design

*To support this habit, I will place \_\_\_\_\_\_\_\_ where I'll see it each \_\_\_\_\_\_\_\_.*

#### Visual Cue Options (select at least one):

* [ ] Physical object reminder: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* [ ] Digital background/wallpaper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* [ ] Notification/calendar reminder: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* [ ] Post-it note or visual trigger: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Location Placement:

Specific location for cue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Cue Layering Strategy:

Secondary cue (backup reminder): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### C. Friction Engineering

*To prevent distractions, I will:*

#### Time Friction (protecting your habit time window):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g., block calendar, silence notifications)

#### Energy Friction (ensuring you have the mental/physical energy):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g., prepare materials night before)

#### Distraction Friction (blocking competing priorities):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g., app blockers, do-not-disturb settings)

### D. Ritual Enhancement

*To elevate this habit into a meaningful ritual, I will add these elements:*

#### Physical Symbol:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (object that represents your founder identity)

#### Sensory Element:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sound, scent, or tactile experience)

#### Language Pattern:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (words/phrase that frames the significance)

## IMPLEMENTATION PROTOCOL

### Phase 1 (Days 1-7): Consistency Building

Focus solely on habit adherence without concern for impact or quality

### Phase 2 (Days 8-14): System Refinement

Evaluate and adjust environmental supports while maintaining the habit

### Phase 3 (Days 15-21): Integration and Expansion

Connect the habit to broader work patterns and consider complementary habits

## 21-DAY TRACKING MATRIX

### Week 1: Consistency Building

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Date | Completed? | System Rating (1-5) | Obstacles | Wins |
| 1 |  | □ |  |  |  |
| 2 |  | □ |  |  |  |
| 3 |  | □ |  |  |  |
| 4 |  | □ |  |  |  |
| 5 |  | □ |  |  |  |
| 6 |  | □ |  |  |  |
| 7 |  | □ |  |  |  |

#### Week 1 Reflection:

* What patterns emerged in when/how I completed my habit?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Which system elements worked most effectively?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What unexpected obstacles appeared?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What adjustments would make my system more robust?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Week 2: System Refinement

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Date | Completed? | System Rating (1-5) | Obstacles | Wins |
| 8 |  | □ |  |  |  |
| 9 |  | □ |  |  |  |
| 10 |  | □ |  |  |  |
| 11 |  | □ |  |  |  |
| 12 |  | □ |  |  |  |
| 13 |  | □ |  |  |  |
| 14 |  | □ |  |  |  |

#### Week 2 Reflection:

* What patterns emerged in when/how I completed my habit?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Which system elements worked most effectively?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What unexpected obstacles appeared?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What adjustments would make my system more robust?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Week 3: Integration and Expansion

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Date | Completed? | System Rating (1-5) | Obstacles | Wins |
| 15 |  | □ |  |  |  |
| 16 |  | □ |  |  |  |
| 17 |  | □ |  |  |  |
| 18 |  | □ |  |  |  |
| 19 |  | □ |  |  |  |
| 20 |  | □ |  |  |  |
| 21 |  | □ |  |  |  |

#### Week 3 Reflection:

* What patterns emerged in when/how I completed my habit?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Which system elements worked most effectively?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What unexpected obstacles appeared?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What adjustments would make my system more robust?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 21-DAY COMPLETION REVIEW

* How has this habit influenced my founder identity?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What evidence do I now have that I am embodying my manifesto?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What complementary habit might strengthen this identity further?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* How might I evolve this system as my identity develops?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*This tracker is part of the OneDay MBA series on identity-driven founder growth.*