



# The Daily Checklist to Make Your Habits Stick in 21 Days

[www.lifehack.org](http://www.lifehack.org)



## INTRODUCTION

If you struggle about ditching a bad habit or building a new habit, this checklist is for you. With this checklist, you can keep track of your progress every day. An item checked is a step closer to your goal - building your new habit.

## MY GOAL

*Complete the sentences to set your goals*

I want to make  stick in 21 days and I will make it happen!

I want to build this habit because ...

## THE CHECKLIST

*Check off each item as you complete them*

### Day 1 - Plan Ahead

- ☐ **Write down why your habit didn't stick previously**  
Keep asking why to drill down to the root reason(s).
- ☐ **Write down solutions to the problems after finding out the reason(s)**  
These solutions should be **practical** and **actionable**.
- ☐ **Act on your solutions**  
If it's anything external, schedule a time to tackle it. If it's something internal, fix it now.
- ☐ **Pick 1-2 habits you already have as cues for your new habit**  
For example breakfast, lunch and dinner; or before going out to walk your dog etc.
- ☐ **Assign exact timing for each task starts and ends**  
With the exact schedule to follow, you know whether you're on or off track for your habits.
- ☐ **Download a habit tracking app, enter your data and set reminders**  
Apps like *Productive Habit Tracker* (<http://productiveapp.io>) and *StickK* (<http://stickk.com>) are handy and will help you keep track of habits in the most convenient way.
- ☐ **Tell at least 3 friends that you're trying to build a new habit**  
This makes you feel more accountable to build this new habit.

## Day 2

- ☐ **Check this checklist and look at the reason why you want to build the habit**  
It's a reinforcement of why you do this
- ☐ **When your reminders ping you, take the action without thinking**  
When you do it without thinking, you pass your excuses.
- ☐ **At the end of the day, write down in a journal whether you have completed your task (the habit)**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Remember you told your friends about your new habit? Give them each \$5 every time you skipped the habit.

## Day 3

- ☐ **At the end of the day, write down in a journal whether you have completed your task (the habit)**  
This helps you to review your progress.
- ☐ **Look at these quotes whenever you want to give up**  
50+ Best Motivational Quotes To Prepare You For Any Challenges In Life  
(<https://moreti.me/2Ls21Sl>)
- ☐ **Punish yourself if you've skipped the reminder once**  
Remember you told your friends about your new habit? Give them each \$5 every time you skipped the habit.

## Day 4

- ☐ **At the end of the day, write down in a journal whether you have completed your task (the habit)**  
This helps you to review your progress.
- ☐ **Read this article to get you going**  
How to Motivate Yourself: 13 Simple Ways You Can Try Right Now  
(<https://moreti.me/2l70QMi>)
- ☐ **Punish yourself if you've skipped the reminder once**  
Give them each \$5 every time you skipped the habit.

## Day 5



**At the end of the day, write down in a journal whether you have completed the new habit**

This helps you to review your progress.



**Download a motivating quote image and make it your desktop or mobile wallpaper**

Pinterest Motivational Quotes (<https://moreti.me/2ut0J2Z>). You can get plenty more by doing a quick search on Pinterest!



**Punish yourself if you've skipped the reminder once**

Give them each \$5 every time you skipped the habit.

## Day 6



**At the end of the day, write down in a journal whether you have completed the new habit**

This helps you to review your progress.



**Read this article to get you going**

Why We Lose Motivation Once in a While and How to Fix It Forever (<https://moreti.me/2Ls5twh>)



**Punish yourself if you've skipped the reminder once**

Remember you told your friends about your new habit? Give them each \$5 every time you skipped the habit.

## Day 7



**At the end of the day, write down in a journal whether you have completed the new habit**

This helps you to review your progress.



**If you're still skipping your new habit, look into the reason why**

What can you do to avoid skipping the habit again in your next 10 days?



**Make a list of things to get rid of so you won't skip your habit again**

What are the things that stops you from doing the habit?

## Day 8

- ☐ **Take away everything or get rid of people who stop you from doing the habit**  
Remember the list you made yesterday? Check off all those items!
- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **If you're still skipping your new habit, raise your penalty and improve your rewards**  
Don't give up and make sure that you remove all the things that stop you from building the new habit.

## Day 9

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Since you've raised your penalty, give them each \$8 every time you skipped the habit.

## Day 10

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Count how many times you've passed and failed doing your new habit so far**  
If you've consistently done your habit for more than 8 days, that's great progress!
- ☐ **Read this article to get you going**  
8 Motivation Killers You Need To Be Aware Of Now (<https://moreti.me/2NoSA6n>)
- ☐ **Punish yourself if you've skipped the reminder once**  
Give them each \$8 every time you skipped the habit.

## Day 11

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Reward yourself for reaching Day 11**  
Do something you like or buy yourself a gift as a reward (except anything that hinders the habit you're building!)
- ☐ **But don't forget about your punishment if you've skipped the reminder**  
Give your friends each \$8 for every time you skipped the habit.

## Day 12

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 13

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 14

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 15

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Let your friends know that you've hit the 15th day of building your new habit**  
Celebrate let them shower you with compliments on your continued perseverance
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 16

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 17

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Read this article to stay motivated**  
Why We Lose Motivation Once in a While and How to Fix It Forever  
(<https://moreti.me/2Ls5twh>)
- ☐ **Punish yourself if you've skipped the reminder once**  
Give your friends each \$8 for every time you skipped the habit.

## Day 18

- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Remind yourself that you've got a few days to go**  
It's the 18th day - you're making great progress!
- ☐ **Punish yourself if you've skipped the reminder once**  
If you've come this far, it's likely your habit is starting to set in

## Day 19

- ☐ **Try to turn off your reminders**  
See if you'll remember to do the habit without the reminders.
- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Punish yourself if you've skipped the reminder once**  
It's your first day without a reminder, so this could happen!

## Day 20

- ☐ **If you forgot to do the habit yesterday, turn your reminders back on**  
It's okay to need a reminder still
- ☐ **At the end of the day, write down in a journal whether you have completed the new habit**  
This helps you to review your progress.
- ☐ **Remind yourself how far you've come**  
The results of your discipline, perseverance and focus to build this habit!

## Day 21 - Final Review

- ☐ **Congratulations for successfully building the habit**  
It's the last day, pat yourself on the back - you made it!
- ☐ **Share the great news with your friends and family**  
Let them know you've built a new habit and celebrate together
- ☐ **Review your journal and if you're still skipping your habit, find out why**  
Constant reflection is essential to making your habit stick.
- ☐ **Decide whether you want to keep the reminders or not**  
Keeping them is not a problem if they actually help!

**There you go, you have made it through the process and now your new habit will stick!  
You don't even need extra reminders to get you to do the habit now!**