

SMALL STEPS, BIG RESULTS

YOUR 10-MINUTE HABIT
STARTER GUIDE



HabitSpark

START SMALL, SEE BIG RESULTS

Hi There!

Welcome! This mini guide is designed to help you build powerful habits in just 10 minutes a day. By focusing on small, consistent actions, you'll start creating meaningful change without feeling overwhelmed. Follow these steps to get started today.

STEP 1: PICK YOUR MICRO-HABIT



*Choose one small habit that takes 10 minutes or less.
Start simple—consistency matters more than intensity.*

Examples:

- Drink a glass of water every morning
- Meditate for 10 minutes
- Do 10 push-ups
- Write down 3 things you're grateful for

PICK A HABIT THAT EXCITES YOU, NOT
ONE THAT FEELS LIKE A CHORE.

STEP 2: LINK IT TO YOUR ROUTINE

Attach your new habit to something you already do daily. Triggers make habits automatic.

Examples:

- Meditate after brushing your teeth
- Stretch after lunch
- Journal after your morning coffee

THIS SIMPLE PAIRING HELPS YOUR HABIT
STICK WITHOUT EXTRA EFFORT.

STEP 3: KEEP TRACK & REWARD YOURSELF

Track your habit with a simple checklist, journal, or calendar. Seeing progress motivates you to continue. Celebrate small wins—they reinforce your new habit and boost confidence.



WANT A FULL HABIT TRACKER? IT'S COMING SOON IN THE COMPLETE EBOOK, DESIGNED TO HELP YOU BUILD MULTIPLE HABITS EFFORTLESSLY!

STEP 4: REPEAT DAILY

Consistency is the key to building habits. 10 minutes every day beats occasional long sessions. Once a habit becomes routine, you can add another micro-habit and create momentum.



REMEMBER: SMALL DAILY WINS
COMPOUND INTO BIG RESULTS OVER
TIME.

STEP 5: MAKE IT FUN

Pair your habit with something enjoyable. Fun habits are easier to stick with

Examples:

- Listen to a favorite song while exercising
- Enjoy a tea while journaling
- Treat yourself after completing a habit



ADDING ENJOYMENT INCREASES LONG-TERM CONSISTENCY.



TAKE THE NEXT STEP



The full 10-Minute Habit Builder ebook, including detailed habit tracking templates and 30-day challenges, is coming soon!

Sign up now to get early access and be the first to download it when it's ready.

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