Template: Habit Stacking

ONE OF THE BEST WAYS to build a new habit is to find a habit you already do each day and then stack your new behavior on top of it. In other words, your current habit becomes the trigger for your new one. This strategy, which I refer to as "habit stacking," has been popularized by BJ Fogg at Stanford University.[1] The concept is explained in detail in Chapter 5 of Atomic Habits.

In this document, you'll find a template for creating your own habit stack and a few additional ideas of how to put the idea into practice.

Here are some examples you won't find in the book:

- When I get on the subway, I will always stand instead of sitting.
- Every year on my birthday, I donate to charity.
- After I turn on the shower, I will do five burpees.
- After I lay down in bed for the night, I think of one positive thing that happened today.
- After I get in my car, I will take three deep breaths.
- After I get home from my violin lesson, I will take my violin out of the case and put it on a stand where I can see it.
- When I see my water bottle is half empty, I will fill it back up.
- When I close the trunk, I will look to see if I am holding the keys.
- When I feel stressed or anxious, I will close my eyes and take five deep breaths.
- Before I travel on a plane, I pack a healthy snack to take with me.

You can print out the next page and fill out your own habit stack.

---

1 Fogg refers to this strategy as the "tiny habits recipe," but I call it habit stacking.

After _____ ,

CURRENT HABIT

I will _____ .

NEW HABIT