

DOWNLOADABLE TEMPLATE

HABIT STACKING

*Easy Way To Create Your Own
Habit Stack*

by Ivaylo Durmonski | durmonski.com

WHAT IS HABIT STACKING?

Habit stacking is one of the best ways to take advantage of already existing habits. You take a current habit. And you add to it - stack - a new habit you want to embed in your life. Plainly, the ending of your current habit is a cue to begin the new desired behavior.

Still, shouldn't be used only with good habits. Habit stacking can potentially cleanse bad behaviors by reversing the above. Basically, the intention to fall into a routine that is suboptimal is your cue to start a new good habit.

The above two give birth to the following frameworks to create your own habit stack:

After [GOOD HABIT], I will [NEW GOOD HABIT]

Before [BAD HABIT], I will [NEW GOOD HABIT]

HABIT STACKING EXAMPLES

Here are a couple of examples based on the two frameworks:

After [GOOD HABIT], I will [NEW GOOD HABIT]

- After I brush my teeth in the morning, I will exercise for at least 10 minutes.
- After I have dinner with my family, I will read a book for 30 minutes.
- After I open the front door of my building, I will take the stairs.

Before [BAD HABIT], I will [NEW GOOD HABIT]

- Before unlocking my phone and drowning in the hazardous sea of misinformation, I will meditate for 10 minutes.
- Before opening the menu in a restaurant, I will remind myself that I should order the healthiest meal on the menu.
- Before getting to work, I will list my priorities for the day and turn off social media notifications.

*Framework 1: **After [GOOD HABIT], I will [NEW GOOD HABIT]***

To formulate your plan. Use the following template:

<i>CURRENT good habit:</i>		<i>Desired NEW behavior:</i>
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____

Framework 2: Before [BAD HABIT], I will [NEW GOOD HABIT]

To formulate your plan. Use the following template:

<i>Desired NEW behavior:</i>		<i>CURRENT bad habit:</i>
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____
_____	+	_____

AUTHOR'S NOTE



Hello there! My name is Ivaylo Durmonski. I'm the person behind the website durmonski.com. I hope you found this template useful!

If you accidentally found this downloadable online. You can read more about habit stacking in my dedicated article on the topic, [here](#). Plus, more about habits and rising above the surrounding mediocrity in general by checking out my [in-depth how-to articles](#).

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