

ANCHORING A HABIT

Hook a New Habit to an Anchor

EXERCISE 05

An anchor is when you link a new behaviour to an existing habit, like piggybacking. The old habit becomes a cue that reminds your brain what comes next.

Step 1: Pick a Daily Anchor

SOMETHING YOU ALREADY DO EVERY DAY

- Make tea/coffee
- Brush teeth
- Eat lunch
- Shut laptop at end of work
- Other: _____

Step 2: Choose a Behaviour

A SMALL HABIT YOU WANT TO ADD

- Take meds / vitamins
- Check calendar or to-do list
- Lay out tomorrow's clothes
- Tidy one surface
- Other: _____

Step 3: Write Your Anchor Pairing

*“After I _____,
I will _____.”*

Step 4: Try it Once Today

Notice whether the anchor reminded you to do the new behaviour immediately.

Step 5: Reflect

- Did the anchor work as a natural reminder?
- Was the behaviour small enough to feel doable?
- Would a different anchor work better?

The trick is to keep it tiny and repeatable, so over time, the anchor will do the remembering for you.