My habits plan

A practical reference for starting small. The first habits are the focus; the wider list can wait until I am ready.

FIRST PHASE

Track the one-minute plank and daily instrument practice. Use the screen reset only when a relevant moment comes up. No habit penalties.

THE THREE STARTING HABITS

1. Morning movement

While the cafetiere brews, do a one-minute plank. One minute counts; doing more is optional. The wider fitness plan is a separate project.

2. Evening instrument

After the evening dog feed, play an instrument. The small version is one Simply Piano exercise, one full song for the bass audition, or a guitar song. Keep the timing flexible around dinner.

3. Screen reset: the Fuck Off Box

The lockbox lives under the TV. Choose an endpoint for TV, PS5 or phone use: one episode, the next boss fight, a blog task, one article or one message. When that endpoint arrives, or I notice myself thinking, “Why am I wasting my life on this?”, put the phone, TV remotes and PS5 controller in the box for two hours. Start the reset with a plank, or choose another small activity: play a song, read a page or tidy for a minute. A sausage roll or bag of crisps can be a treat. Screen time can still be intentional leisure.

KEEP IT LIGHT

The aim is to begin, not to complete a perfect routine. If I miss a cue, I can pick up again next time. The printed tracker is a prompt to notice what happens, not a scorecard.

The experiment is planned but has not started yet. Blog publishing accountability is separate from this personal habit plan.

The wider map

These are the other things I want to build or make easier. They are options to add gradually, not a second checklist to start all at once.

DAILY ROUTINES AND FOOD

Food, reading and music

Walk the dogs in the morning and evening. After the morning walk: scrambled eggs on toast for breakfast, keeping calories in mind. Keep lunch quick and healthy; tuna and pesto pasta is one familiar option. Read while drinking coffee when it suits. Listen to music while cooking. Read at least two pages of fiction before bed. Read the book that informs each experiment; this one is *Atomic Habits*.

WEEKEND RHYTHM

Plans and preparation

On each weekend day, aim for one gym visit and one meaningful call or message to a friend. Leave gym clothes, bag, water bottle and exercise book ready at the bottom of the stairs. Set aside time to get ahead on the website, and use the weekend to make a plan for the following weekend. Keep the timing flexible.

SMALL STARTS FOR HOME AND PAPERWORK

When I notice I am avoiding a job, choose one small start below instead of taking on the whole task at once.

Bathroom

Toilets, sink and shower. Start with one sink or one small part.

Clothes

Start by putting away all the T-shirts. Clothes on the bedroom floor or clean laundry left in its basket are the main cues. A second laundry basket is an option.

Outside

One window or about one square metre of weeds. The patio is a separate organising job; borrow or rent a power washer.

Post and filing

Handle post in the office and file important papers straight away. Get a better metal folder with a separate category for pension documents.

TRYING NEW THINGS AND TESTING OLD BELIEFS

Salsa and social confidence

When I arrive at the beginner class, try: “Hi, I’m new to this class. Have you been before?” The attempt is introducing myself once; the other person’s response is outside my control. Keep future activities open—salsa may stick, or another class or skill may appeal.

Beliefs I want to examine: “I am lazy.” “I am untidy.” “I cannot make friends.” “I cannot be happy.” A small action can give me something concrete to notice; it does not have to prove everything at once.

Weekly tracker

Track the two daily starting habits. Use the event log only when a screen session or reset moment comes up.

Week beginning: _____

DAILY HABIT	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Date							
One-minute plank while coffee brews	☐	☐	☐	☐	☐	☐	☐
Instrument after evening dog feed	☐	☐	☐	☐	☐	☐	☐

For instrument practice, write P (piano), B (bass) or G (guitar) under the tick if helpful.

WEEKEND ACTIONS — WHEN READY

ACTION	SAT	SUN	THIS WEEKEND
Gym visit	☐	☐	
Meaningful friend call/message	☐	☐	
Website time			☐
Plan for following weekend			☐

ONLY IF IT COMES UP: SCREEN RESET EVENT LOG

Record a clear endpoint, the moment I noticed drifting, and what I chose to do next. If there was no relevant moment, leave this section blank.

DATE	INTENDED USE / CUE	BOX USED?	WHAT I CHOSE NEXT / NOTES

END-OF-WEEK CHECK-IN

What felt easiest?	**What got in the way?**
One adjustment for next week, if needed:	**Anything I want to remember for the blog?**

A missed habit is information, not a penalty. Start again at the next cue. When ready, bring a photo of this sheet to the diary chat for a review.