

PICK ONE THING

My One Small Habit This Week

Real change is one small habit, repeated. Pick your one, write it where you'll see it, and check off each day you try it.

1 Pick your one thing — choose just one to focus on

☐ Connect for 2 minutes before homework

☐ Chunk one big task into small steps

☐ Praise the effort, not “smart”

☐ Ask one question about a book

☐ Do one bit of “kitchen math”

☐ Add a timer and a movement break

2 Write it down — name it in your own words

This week, I will try...

3 Track it — color in a circle each day you do it

MON

TUE

WED

THU

FRI

SAT

SUN



At the end of the week... What felt easier?

Small routines win. Predictability beats willpower.