

The Small Habit Reset Worksheet

A gentle tool for restarting small habits when you feel stuck, off-track, or overwhelmed.

How to use this worksheet

Use it when a habit feels heavier than it should. The goal is not perfection. The goal is to reset, simplify, and begin again with one small step.

1. The habit I want to reset

2. Why this habit matters to me

3. What has been getting in the way?

☐ Too much pressure	☐ Forgetting	☐ Low energy
☐ No clear cue	☐ All-or-nothing thinking	☐ My routine changed
☐ The habit feels too big	☐ I lost momentum	☐ Other: _____

4. My gentler version of success this week

Gentle reminder: A reset is not a restart from zero. It is simply the next kind step.

Make the Habit Smaller and Easier

Use this page to reduce friction. If the habit feels too hard, make it smaller until it feels almost easy.

My original habit:

The smallest possible version of this habit is:

A 2-minute version could be:

The easiest time of day for this habit is:

A cue that could remind me is:

I can make it easier by preparing:

If I miss a day, I will tell myself:

7-Day Small Habit Reset Tracker

One tiny step is enough. Check in without judgment.

Day	My tiny step	Did I begin?	How did it feel?

What helped me follow through this week?

What made it harder than expected?

What is one supportive adjustment I want to make next week?

Reset Reflection

Use this page at the end of the week—or anytime you need a softer reset.

The habit felt most doable when...

The part that still feels too big is...

What I learned about myself this week is...

A realistic next step from here is...

One sentence I want to remember:

This worksheet is for personal reflection and habit support.
It is not a clinical assessment or a substitute for professional mental health care.