

# Micro-Habits Guide

## Cultivating Change Through Micro Habits



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# Micro Habits Worksheet

## Introduction

This worksheet is designed to help you identify and implement small habits that can lead to significant changes in your life. By focusing on micro habits, you can create sustainable routines that promote personal growth and well-being. Take your time and be patient with yourself.

## Step 1: Identify Your Goals

What are the areas of your life you want to improve?  
(Write down your goals and aspirations.)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Step 2: Choose Your Micro Habits

List the small, actionable habits you can adopt to support your goals. Each of them will stack on top and compound each other while you grow. Even if one doesn't make sense, as long as it feels right is all that matters.

The habits are designed to bring about small changes that are sustainable, but impactful, and all guide you to a form of **mindfulness and being in the present moment**.

(Think about habits that are easy to integrate into your daily routine.)

### Examples:

- Drink a glass of water first thing in the morning.
- Take a five-minute walk during your lunch break.
- Write down one thing you're grateful for each day.
- Read one page of a book before bed.
- Compliment someone.
- Practice deep breathing for one minute when you feel stressed.
- Do two minutes of stretching when you wake up.
- Set a timer for 10 minutes and declutter one area of your home.
- Send one positive message to a friend each week.
- Limit social media use to 10 minutes a day.
- Listen to one song that lifts your mood every day.
- Start journaling for 5 minutes a day.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### Step 3: Create an Action Plan

For each micro habit, outline when and how you will implement it.

Micro Habit	When will you do it?	How will you remember?
1)		
2)		
3)		

### Step 4: Track Your Progress

Keep a record of your progress over the next week.

(Use the space below to note your successes and any challenges you face.)

Day	Micro Habit	Succes (Y/N)	Challenges/Insights
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

## Step 5: Reflect and Adjust

At the end of the week, reflect on your experience.

What worked well?

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What challenges did you encounter?

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How can you adjust your approach moving forward?

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## Final Thoughts

Remember that progress is a journey, and small steps can lead to big changes. Celebrate your achievements and continue building on your micro habits for lasting transformation!