After I ... I will ... *

Pick something you already do every day, and put one small new habit right after it.

After I _____

I will _____

Then I _____

M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

After I _____

I will _____

Then I _____

M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

After I _____

I will _____

Then I _____

M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

After I _____

I will _____

Then I _____

M T W T F S S

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After I _____

I will _____

Then I _____

M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

Weekly review

What helped _____

What I will change _____

☆ COREN K

Plan your week in the Corenk app
https://corenk.app/get?src=pdf-stacking

After I ... I will ... *

Pick something you already do every day, and put one small new habit right after it.

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I will _____

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M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

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I will _____

Then I _____

M T W T F S S

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After I _____

I will _____

Then I _____

M T W T F S S

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After I _____

I will _____

Then I _____

M T W T F S S

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After I _____

I will _____

Then I _____

M T W T F S S

☐ ☐ ☐ ☐ ☐ ☐ ☐

Weekly review

What helped _____

What I will change _____

☆ CORENK

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How to use it *

1. Print the page on A4 or Letter. It has room for five chains.
2. Start each chain with something you already do: pour the coffee, brush your teeth, close the laptop.
3. Write the small new habit that will follow it, and a small reward to finish with.
4. Tick the day's box each day you do the chain. At the end of the week, fill in the review at the bottom.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

☆ CORENK

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