Habit obstacle and alternative planner

Identify what prevents a routine and choose an easier version.

Three steps

1. Choose one routine
2. Identify the likely obstacle
3. Plan a small alternative

A worked example

Habit	Reading
Obstacle	Late bedtime
Smaller alternative	One page
Cue	After tea

One page keeps the action manageable.

This is not a treatment plan.

Habit obstacle and alternative planner

Use one row per item or decision. Start with what you know.

Habit	Obstacle	Smaller alternative	Cue

My next action / when