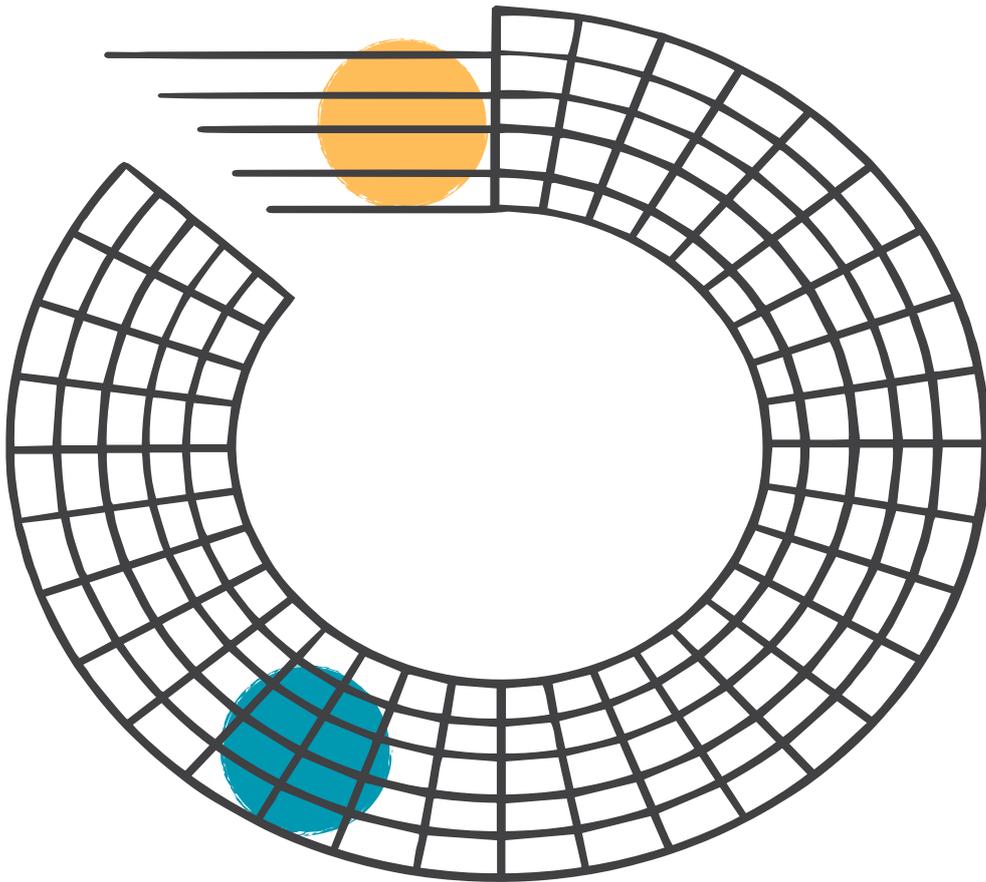


BAD-DAY HABIT DESIGN

BUILD HABITS THAT STILL WORK WHEN ENERGY,
TIME, OR MOTIVATION DON'T



INTRODUCTION: WHY THIS EXISTS

Most habits are designed for good days.

Days when:

- energy is high
- time feels available
- motivation shows up
- nothing unexpected happens

Real life doesn't work like that.

Bad days aren't exceptions.
They are part of the system.

If a habit only works when conditions are ideal,
it's not a habit. It's a wish.

This workbook helps you design habits that:

- survive low energy
- hold up under pressure
- don't rely on motivation
- can be repaired instead of restarted

This is not about doing more.
It's about building habits that make sense in real life.

WHAT A "BAD DAY" ACTUALLY MEANS

A bad day doesn't mean everything goes wrong.

It usually means one or more of these:

- less energy than expected
- less time than planned
- more mental load
- emotional friction
- interruptions or unpredictability

Bad days are not failures.

They are the **conditions your habits must be designed for.**

COMMON MISTAKES (AND WHY THEY FAIL)

Most habits break because they:

- assume consistent energy
- depend on motivation
- require too many steps
- punish imperfection
- treat failure as a reset

When those habits break, people often conclude:

“I just need more discipline.”

In reality, the design didn't match the conditions.

Design is where change actually happens.

STEP 1: CHOOSE ONE HABIT ONLY

This workbook works best when you focus on one habit.
Choose something small and meaningful.

Good examples:

- movement
- rest
- focus
- food
- boundaries
- reflection

Don't optimize yet. Just choose.

Write it down:

The habit I want to work on is:

STEP 2: NAME YOUR BAD DAYS

Be specific. Vague answers won't help.

When this habit usually breaks, what kind of day is it?

Answer honestly:

- What does my energy feel like?
- What's usually happening around me?
- What tends to take priority instead?
- What thoughts show up?

Write a few notes.

You are designing *for this version of reality*.



STEP 3: CONNECT THE HABIT TO IDENTITY

A habit is easier to return to when it supports who you're choosing to be.

If you've done *Choosing What You Stand For*, use one of your identity anchors here.

Complete the sentence:

Even on bad days, I want to be someone who:

This is not about doing the habit perfectly.
It's about protecting identity, not performance.

STEP 4: DESIGN THE BAD-DAY VERSION

This is the most important step.

Your bad-day version of the habit must be:

- very small
- possible with low energy
- free of pressure
- easy to stop

Ask yourself:

- What is the *smallest* version of this habit?
- What could I do in under 5 minutes?
- What would still count?

Write it down clearly:

My bad-day version of this habit is:

If it feels "too small", that's usually a good sign.

STEP 5: REMOVE RELIANCE ON WILLPOWER

Habits don't fail because people are weak.
They fail because they rely only on willpower.

Answer these questions:

- What usually makes this habit harder than it needs to be?
- What friction could I remove?
- What decision could I pre-decide?

Examples (don't copy, notice the logic):

- deciding *when* instead of deciding every day
- lowering the bar in advance
- preparing the environment

Write one thing you can simplify.

STEP 6: PLAN THE REPAIR (NOT THE FAILURE)

Most people plan for success.
Very few plan for return.

When this habit breaks (and it will), answer:

- What usually happens next?
- Do I give up?
- Do I start over?
- Do I judge myself?

Now design the repair.

When I miss this habit, my return will look like:

A repair is:

- small
- immediate
- shame-free

Restarting is not required.

TESTING, NOT COMMITTING

This habit is not a promise.
It's an experiment.

For the next week:

- notice when it works
- notice when it doesn't
- notice what helps

Ask at the end:

- Did this make bad days easier?
- Did it support the identity I chose?
- What would I adjust?

Adjustment is part of design.

CLOSING: TRUST IS BUILT HERE

Consistency is not built by pushing harder.

It's built by:

- designing for reality
- returning without drama
- trusting yourself to re-enter

A habit that survives bad days builds confidence.

Not because you did more.

But because you stayed in relationship with yourself.



Design for the days you actually live.