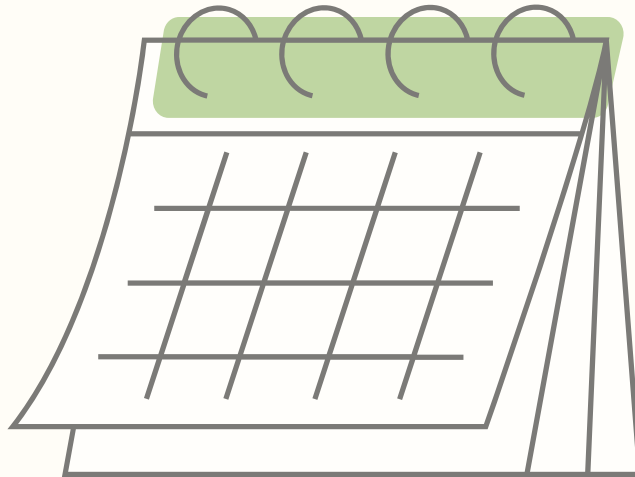


7-Day Habit Kickstart

Discipline meets self-care



by Georgina Mermod

Introduction

Welcome to the 7-Day Habit Kickstart!

This simple challenge is designed to help you explore small, beginner-friendly habits.

Each day, you'll try one new action — nothing overwhelming, just tiny steps that can make a real difference.

Think of it as a test run: by the end of the week, you'll know which habits give you the most energy, calm, or clarity.

Keep the ones you love, let go of the rest.

Tip: Don't aim for perfection. The goal is progress, not pressure.

How it works

Each day, you'll try one small habit. Habits are easy, quick, and beginner-friendly.

We alternate between morning and evening habits so you can test what fits best into your day.

At the end of the week, pick 1–2 habits you enjoyed most and keep practicing them.



= morning habit



= evening habit

Introducing the habits

One habit a day.

Monday



Make your bed within 5 min after waking

Tuesday



End the day with a relaxing bedtime drink

Wednesday



Splash cold water on your face

Thursday



No phone 30 min before bed

Friday



Tidy one small corner of your space

Saturday



Write down one good thing from today

Sunday



No phone for the first 15 min after waking

Daily Habit Tracker

M

Make your bed within 5 min after waking

☐

T

End the day with a relaxing bedtime drink

☐

W

Splash cold water on your face

☐

T

No phone 30 min before bed

☐

F

Tidy one small corner of your space

☐

S

Write down one good thing from today

☐

S

No phone for the first 15 min after waking

☐

Reflections

Take a moment to reflect and answer these simple questions to notice what worked best for you:

Which habit felt easiest to do?

Which habit gave you the most energy or calm?

Which habit would you like to keep long-term?

What did you learn about your morning and evening routines?

Who would you recommend this 7-day challenge to?

Outro

Congratulations, you finished the 7-Day Habit Kickstart!

You just proved how powerful small steps can be.

Now it's time to choose your favorites:

Pick 1–2 habits you enjoyed most and keep practicing them daily.

Coming soon: my Habit Tracker Bundle to help you go even further.

Share your progress in your Stories & tag me @gmermod
I'd love to see your progress.