

THE HABIT STACK BLUEPRINT

Discipline Flow | Daily Discipline Engine

What Is Habit Stacking?

Habit stacking is a simple method of attaching a new behaviour to something you already do automatically. Instead of relying on willpower or memory, you use an existing routine as the trigger for your new habit.

The structure is always the same:

After **[existing routine]**, I will **[new habit]**, then **[anchor habit]**.

The anchor habit at the end locks the stack in place. It is your reward signal — the familiar routine that closes the loop and tells your brain: this sequence is done.

Your Three Daily Habit Stacks

Below are the three stacks from the Daily Discipline Engine. Use them as designed or adapt them to your own routines.

Stack 1 — Morning Activation

EXISTING ROUTINE	TRIGGER ACTION	NEW HABIT
Pour morning coffee	Open tracker, write today's habit	Read identity statement aloud

Why it works: The coffee ritual is automatic and daily. Attaching your tracker and identity statement to it means both happen before the day takes over.

Stack 2 — Midday Reset

EXISTING ROUTINE	TRIGGER ACTION	NEW HABIT
Close laptop for lunch	10-minute walk outside	5 min on the habit you've avoided

Why it works: The lunch break is a natural pause. The walk clears your head. The 5-minute rule dismantles the resistance you have been carrying since morning.

Stack 3 — Evening Close

EXISTING ROUTINE	TRIGGER ACTION	NEW HABIT
Brush teeth at night	Open reflection journal	Write 3 lines: win, gap, adjustment

Why it works: The toothbrush is one of the most reliable triggers in daily life. Attaching your reflection here means it happens even on hard days.

Minimum Viable Mode: Bad Day Rules

There will be days when none of the above feels possible. These three rules exist for those days. They are not compromises. They are how your identity survives difficulty.

Rule 1

The Never Zero Rule

Something must happen. One push-up. One paragraph. One minute. Zero is the only number that breaks identity. Anything above zero resets it.

Rule 2

The 2-Minute Activation

On a bad day, your only job is to start. Set a timer for 2 minutes. Begin the task. You may stop when it ends. Most of the time you will not stop.

Rule 3

The Identity Checkpoint

Before bed, write one sentence: "Even today, I showed up as [identity] by doing [action]." This is the single most important ritual on a hard day.

Evening Reset System (10 Minutes)

Run this every night. It closes the day and sets up tomorrow.

1. Close all open loops — write anything unfinished onto tomorrow's list
2. Habit tracker check-in — mark what was done, be honest
3. Three-line reflection — what worked, what did not, one adjustment
4. Set tomorrow's single most important task — write it on paper
5. Phone out of the bedroom — this is not optional

Build Your Own Stack

Use this table to design a custom habit stack. Start with one routine you already do without thinking. That is your anchor.

EXISTING ROUTINE	NEW HABIT	ANCHOR HABIT
<i>After I...</i>	<i>I will...</i>	<i>Then I...</i>
<i>After I...</i>	<i>I will...</i>	<i>Then I...</i>
<i>After I...</i>	<i>I will...</i>	<i>Then I...</i>