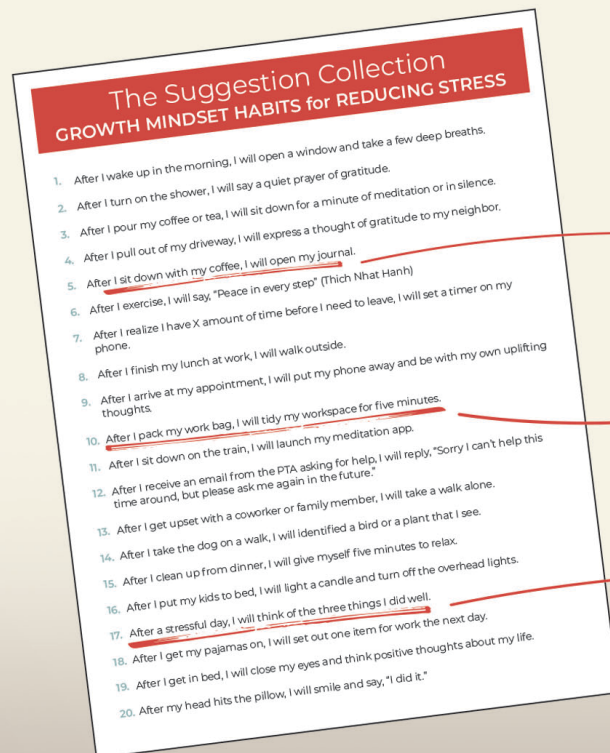


# MicroTry's Jumpstart Guide

## STEP 1

DECIDE NEW HABITS YOU WANT.



## STEP 2

CREATE A BLUEPRINT FOR EACH NEW HABIT.



## STEP 3

PRACTICE YOUR  
NEW HABITS  
DAILY AND REVISE  
AS NEEDED

ADAPTION  
= INSTITUTE =

 CASCADE®

# HABIT

Create a blueprint for your new habit

*AFTER I...*

## **ANCHOR MOMENT**

An existing routine in your life that will remind you to do the new behavior (your new habit.)

*I Will...*

## **GROWTH MINDSET BEHAVIOR**

The new habit you want to master. It should be small and super easy.

*THEN,  
I CELEBRATE!*

## **CELEBRATE**

Something you do to create a positive feeling inside yourself.

*NOTE: FEEL FREE TO REVISE.*