

Two-Minute Rule Checklist

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The habit I want to shrink: _____

My two-minute version is:

My cue (what happens right before it):

Check off each day you did the two-minute version:

☐ Mon

☐ Tue

☐ Wed

☐ Thu

☐ Fri

☐ Sat

☐ Sun

Only make it bigger once this feels automatic - usually after a few weeks.

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