BeforeTheWinn

No. 01 / EN

HABITS / A 14-DAY EXPERIMENT

Back in the Habit



Start small and find your way back after a break

What do two weeks tell you?

Here's a fictional example. Max practices Spanish after putting down his keys. A full session is three sentences and his minimum is one. Two days were outside his plan. On days four and ten he put the keys down, then reached straight for his phone.

Week 1	F · M · F · 0 · – · M · F. Five completions in six opportunities. His first return was on day 6, the next available opportunity.
Week 2	M · F · 0 · M · – · F · F. Again, five out of six. On day 11 it helped to have one sentence already written on a card.

> **Max's decision**
>
> Ten completions in twelve opportunities, including four minimums. Max keeps his target. He puts a card with a question in Spanish on the shelf so he'll see it before the screen.

When did I first return after a break? What made that return easier?

Your fourteen-day log

Enter F, M, 0 or a dash beside the date using the key in the chapter on opportunities. Two words in the last column are enough. Print this sheet or copy its layout into your notes.

Day	Date	Code	Obstacle / note
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			