SPARK GROWTH · ONLINE COURSE

Habit Mastery Masterclass

Twelve written lessons for habits that survive bad weeks

How to use this course

Read one lesson, do its exercise, then stop. Twelve lessons over two to four weeks beats twelve lessons in one sitting. Keep the companion workbook beside you — every exercise has a page there.

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Module 1 — Choose the right habit

Lesson 1: The 1% identity shift

Habits stick when they confirm something you already believe about yourself. "I am the kind of person who moves every morning" survives a bad week; "I must run 10km daily" does not.

Start with the identity, then pick the smallest action that proves it true today. Every repetition is a vote for the person you are becoming, and you only need to win the majority of votes, not all of them.

> Exercise
> Write one identity statement: "I am the kind of person who _____." Then name the smallest action that would prove it true today.

Lesson 2: Pick one keystone habit

A keystone habit makes other habits easier. Sleep, movement, a daily shutdown ritual and a morning plan all pull other behaviours behind them.

Score five candidates from 1–5 on effort (lower is better), impact, and how easily it fits your current timing. The winner is rarely the most impressive one.

> Exercise
> Score five candidate habits on effort, impact and timing. Circle the highest total and commit to it for 30 days.

Module 2 — Shrink the first step

Lesson 3: The two-minute rule

Every habit must be startable in under two minutes. Not completable — startable. The point is to remove the decision, because starting is the only part that needs willpower.

Your two-minute version is also your bad-day version. Keep it in your pocket for the weeks that fall apart.

> Exercise
> Reduce your chosen habit to a version you could do in two minutes while tired. Write it down as your bad-day minimum.

Lesson 4: Design the cue

Habits do not float free; they hang off something that already happens. Time, place and a preceding action are the three reliable hooks.

Be concrete. "In the morning" is not a cue. "After I put the kettle on" is.

> Exercise
> Complete the sentence: "After [existing routine], I will [two-minute habit], in [place]."

Module 3 — Build the loop

Lesson 5: Make it obvious

Your environment is a set of silent instructions. Put the thing you want to do in your line of sight, and hide the thing competing with it.

> Exercise
> Place one physical cue where you cannot miss it, and move one distraction out of sight.

Lesson 6: Make it attractive

Pair the habit with something you already look forward to — a particular podcast, a good coffee, a favourite chair. The anticipation does the work motivation cannot.

> Exercise
> Pair your habit with one thing you enjoy, and only allow that thing during the habit for two weeks.

Lesson 7: Make it easy

Friction decides more behaviour than motivation does. Count the steps between you and the habit, then delete one.

> Exercise
> List three frictions standing between you and the habit. Remove one today, permanently.

Lesson 8: Make it satisfying

Rewards must be immediate to teach the brain anything. A tick in a tracker, a line in a journal, a genuine ten seconds of noticing that you did it.

> Exercise
> Choose one immediate, honest reward and use it every time for the next two weeks.

Module 4 — Survive bad days

Lesson 9: Never miss twice

One miss is life. Two is the beginning of a new pattern. The rule is not perfection — it is a fast return.

> Exercise
> Write your recovery script: the exact sentence and the exact two-minute action you use the day after a miss.

Lesson 10: Travel, sickness and busy weeks

Every habit needs a portable version that fits in a hotel room, a waiting room or a ten-minute gap.

> Exercise
> Design your minimum viable day: the three smallest actions that still count as keeping your promise.

Module 5 — Review and scale

Lesson 11: The weekly review

Fifteen minutes, three questions: what did I keep, what did I miss, what changes next week. Measure consistency, not intensity.

> Exercise
> Run the weekly review template once. Note one change for next week and nothing more.

Lesson 12: Adding the next habit

Add a second habit only after four consecutive weeks of the first. Stack it onto the habit that is now automatic.

> Exercise
> Use the Lesson 2 scorecard to choose habit #2, and stack it directly after habit #1.

Your 21-day rhythm

- ☐ Day 1. Lesson 1 — write your identity statement.
- ☐ Day 2. Lessons 3 and 4 — shrink the habit and pick the cue.
- ☐ Day 5. Lessons 5 to 8 — build the loop, one change per day.
- ☐ Day 9. Lesson 9 — write your recovery script before you need it.
- ☐ Day 14. Lesson 11 — run your first weekly review.
- ☐ Day 21. Lesson 12 — deepen habit #1 or add habit #2.

Questions? Reply to your order confirmation email and we will answer.