SPARK GROWTH

Habit Mastery Masterclass

The course companion workbook: 12 lessons, exercises and templates.

Watch the lessons in your course portal, then complete the matching pages here. 3h 40m of video across five modules.

How to use this workbook

Each lesson has one page here: a summary of the idea, the exercise, and space to write. Do the writing — the course only works if the answers exist somewhere outside your head.

Work in order. One lesson a day is a comfortable pace; two a week is plenty. The final lesson assembles everything you have written into a single-page habit system.

Contents

- 1. The real reason habits break (18 min)
- 2. Picking the right habit (15 min)
- 3. Shrink it until it is embarrassing (16 min)
- 4. Anchor it to something real (14 min)
- 5. Design your environment (18 min)
- 6. The if-then plan (16 min)
- 7. Breaking the streak without breaking the habit (15 min)
- 8. Minimum viable habit on hard days (14 min)
- 9. Track without obsession (16 min)
- 10. The Sunday review (18 min)
- 11. Adding the second habit (16 min)
- 12. Build your personal habit operating system (24 min)

MODULE 1 — WHY HABITS FAIL

1. The real reason habits break (18 min)

Willpower is a poor building material because it is a variable, not a constant. This lesson replaces it with friction: raise friction on what you want less of, lower it on what you want more of. We also name the two-week hype cycle — the burst of motivation that always ends around day twelve — so you stop mistaking its collapse for personal failure.

EXERCISE

- ☐ List your last three habit attempts.
- ☐ For each one, write the exact day and circumstance it died.
- ☐ Circle the pattern that appears more than once.

MY NOTES

MODULE 1 — WHY HABITS FAIL

2. Picking the right habit (15 min)

One problem, one habit. Most people stall because they try to fix sleep, fitness, focus and diet in the same week. You will also learn the difference between leading habits (the daily action) and lagging results (the number on the scale), and why only the leading habit belongs on your tracker.

EXERCISE

- ☐ Name the single problem you most want changed in 90 days.
- ☐ Write the one daily action that most moves it.
- ☐ Park every other habit idea on a separate page.

MY NOTES

MODULE 2 — MINIMUM VIABLE HABIT

3. Shrink it until it is embarrassing (16 min)

The number one reason habits die is that people start with the goal version instead of the survival version. If you want to read more, the goal version is an hour a day; the survival version is one sentence. That sounds ridiculous — that is the point. The goal version only works on good days, and good days are rare.

EXERCISE

- ☐ Take your chosen habit and shrink it by eighty per cent.
- ☐ Write the embarrassing version in one short sentence.
- ☐ Commit to the embarrassing version only, for seven days.

MY NOTES

MODULE 2 — MINIMUM VIABLE HABIT

4. Anchor it to something real (14 min)

New habits need an existing event to hang on, not a time of day. The formula is: after [existing habit], I will [tiny habit]. Anchors that work are already automatic — coffee, brushing teeth, closing the laptop, the school run.

EXERCISE

- ☐ List five things you already do without deciding.
- ☐ Choose the anchor that sits closest to your habit.
- ☐ Write your after-I-will sentence and say it out loud.

MY NOTES

MODULE 2 — MINIMUM VIABLE HABIT

5. Design your environment (18 min)

Make the good thing obvious and the bad thing invisible. Shoes by the door, book on the pillow, phone charging in another room. Environment design outperforms motivation because it works when you are tired.

EXERCISE

- ☐ Change one physical object to make your habit obvious.
- ☐ Add one step of friction to the behaviour you want less of.
- ☐ Photograph the before and after.

MY NOTES

MODULE 3 — RECOVERY SYSTEMS

6. The if-then plan (16 min)

Bad days are predictable, so plan them in advance. An if-then rule converts a decision you would make while depleted into one you already made while clear-headed.

EXERCISE

- ☐ Write three if-then rules for your habit.
- ☐ Include one for travel and one for illness.
- ☐ Keep them where you will see them.

MY NOTES

MODULE 3 — RECOVERY SYSTEMS

7. Breaking the streak without breaking the habit (15 min)

Never miss twice beats never miss. A single missed day is noise; two in a row is the start of a new pattern. The 48-hour rule gives you a clear line and removes the shame spiral that follows a broken streak.

EXERCISE

- ☐ Write your recovery protocol in one sentence.
- ☐ Decide what the return-day version of the habit is.
- ☐ Delete any all-or-nothing rule you are carrying.

MY NOTES

MODULE 3 — RECOVERY SYSTEMS

8. Minimum viable habit on hard days (14 min)

The one-minute fallback keeps the identity alive when the schedule collapses. Doing the tiny version is not cheating; it is the mechanism.

EXERCISE

- ☐ Define your one-minute fallback.
- ☐ Write your travel plan and your chaos plan.
- ☐ Test the fallback once this week on purpose.

MY NOTES

MODULE 4 — MEASUREMENT & REVIEW

9. Track without obsession (16 min)

Binary tracking — done or not done — beats detailed logging because it survives busy weeks. Look at weekly trend lines, not individual days.

EXERCISE

- ☐ Choose one tracker: paper, calendar, or app.
- ☐ Record only yes or no.
- ☐ Set a weekly count target instead of a perfect streak.

MY NOTES

MODULE 4 — MEASUREMENT & REVIEW

10. The Sunday review (18 min)

Fifteen minutes, three questions: what worked, what broke, what changes. This is the single practice that separates habits that hold from habits that fade.

EXERCISE

- ☐ Book a recurring fifteen-minute review.
- ☐ Answer the three questions in writing.
- ☐ Change one variable for the coming week — only one.

MY NOTES

MODULE 5 — EXPANDING THE SYSTEM

11. Adding the second habit (16 min)

Apply the stability test first: has habit one run for four weeks with no more than two misses? If not, wait. Stacking order matters — attach the new habit after the established one.

EXERCISE

- ☐ Run the stability test honestly.
- ☐ If you pass, pick habit two and shrink it.
- ☐ If you fail, keep going and repeat the test in two weeks.

MY NOTES

MODULE 5 — EXPANDING THE SYSTEM

12. Build your personal habit operating system (24 min)

Assemble every piece into one page: habit, anchor, survival version, if-then rules, tracker, review time. Then write your 90-day plan and the checklist you will run each Sunday.

EXERCISE

- ☐ Complete the one-page habit OS.
- ☐ Write your 90-day plan.
- ☐ Schedule the next three Sunday reviews.

MY NOTES

My one-page habit operating system

THE HABIT

MY ANCHOR (AFTER I…)

SURVIVAL VERSION

IF-THEN RULE 1

IF-THEN RULE 2

IF-THEN RULE 3

HOW I TRACK IT

WEEKLY REVIEW TIME

MY 90-DAY TARGET