

The Day-Four Restart Script

The real test of a habit isn't day one — it's the first day you miss. Keep this somewhere you'll find it on that day. Read it out loud, then do the tiny version.

THE MISS

"I missed [the habit] yesterday."

THE REFRAME

"One miss is a **gap**, not a failure. Four done and one missed is still four done. The streak isn't the point — **coming back** is the point."

THE COMEBACK RULE

"Today I don't do the full version. I do the **TINY** version, because today's only job is to keep the habit alive."

My tiny version is: _____

(2 minutes / 1 page / 1 set / one walk round the corner)

THE LINE THAT ENDS IT

"Done. The habit is alive. **That's the whole win today.**"

Do this now: write your tiny version today, before you ever miss. That's the part you won't be in the mood to invent on the day itself.