SipCarry Habit System

This program is your step-by-step guide to build lasting habits. You will learn how to break a habit into tiny actions, link it to your SipCarry, and track progress daily, weekly, and monthly.

Habit Clarity Framework

Template: Speak kindly to myself

1. Make it tiny

   Start so small it feels easy to win.

   . Examples: say one kind word · repeat one affirmation · smile once in mirror

2. Anchor it

   Use this recipe: "After I _____ , I will _____ "

   Examples:

   - After I open my bag, I will say one kind word to myself.
   - After I take my water bottle from the bag, I will repeat one affirmation.
   - After I zip my bag closed, I will whisper one encouraging phrase.

Heart Card

For this habit you'll use the heart-shaped card with the statement:

💗 I speak to myself kindly.

Place this card inside the Power Tag of your SipCarry.

Each time you see it, let it remind you: drinking water is not just an action — it's part of your identity as a woman who cares for herself.

How to Use the Templates & Put It All Together

1. Write your micro-habit from above into your Monthly Tracker.
. Mark a check every time you complete it.
2. Place your SipCarry bag in the spot where you'll perform your habit.
3. Do your Daily Reset each night to close the day and prepare tomorrow.
4. Complete your Weekly Iteration at the end of each week (ideally Sunday).
5. Celebrate your progress and repeat the cycle.

Remember

Small steps, done consistently, create big change.

Every check is proof of who you are.

SipCarry Monthly Tracker

"Each check is proof of who you are."

Year: _____

♡ I'm a woman who cares

MONTH		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

SIPCARRY MICRO-HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
PERFECT DAY 😃	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

SipCarry Weekly Review

Year: _____

"Review. Repeat. Raise."

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

	SIPCARRY MICRO-HABIT	DAYS COMPLETED	NEXT WEEK ACTION	KEY INSIGHT
WEEK 1	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	____ / 7 ____ / 7 ____ / 7 ____ / 7 ____ / 7	☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5)	
WEEK 2	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	____ / 7 ____ / 7 ____ / 7 ____ / 7 ____ / 7	☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5)	
WEEK 3	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	____ / 7 ____ / 7 ____ / 7 ____ / 7 ____ / 7	☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5)	
WEEK 4	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	____ / 7 ____ / 7 ____ / 7 ____ / 7 ____ / 7	☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5) ☐ **Raise** (if 7/7) ☐ **Maintain** (if 5–6) ☐ **Repeat** (if <5)	

SipCarry Daily Reset

"End strong today, start ready tomorrow."

Year: _____

Week: _____

MONTH		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. MARK YOUR PERFECT DAY BOX If you completed all habits today.							
If missed, why? Adjust (check your monthly table, make it easier, change the cue).							
2. BAG RESET Pack your SipCarry bag: essentials + one item linked to your habit: _____							
3. SET THE CUE Place your bag in the chosen spot to anchor tomorrow's habit: _____							

PERFECT WEEK 😆