

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: Move for 5 minutes daily

1. Make it tiny

Start so small it feels easy to win.

- Examples: stretch arms for 1 minute · walk around the room · do 5 squats

2. Anchor it

Use this recipe: “After I _____, I will _____”

Examples:

- After I put my bag down at home, I will move for 5 minutes.
- After I pour a glass of water, I will stretch for 5 minutes.
- After I close my laptop, I will walk around the room.

Heart Card

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

 I’m a woman who cares.

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.

“Each check is proof of who you are.”

 I'm a woman who cares

[illegible]

SipCarry Weekly Review

Year: _____

“Review. Repeat. Raise.”

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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	SIPCARRY MICRO-HABIT	DAYS COMPLETED	NEXT WEEK ACTION	KEY INSIGHT
WEEK 1	1. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	2. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	3. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	4. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	5. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
WEEK 2	1. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	2. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	3. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	4. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	5. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
WEEK 3	1. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	2. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	3. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	4. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	5. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
WEEK 4	1. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	2. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	3. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	4. _____	_____ / 7	☐ Raise (if 7/7) ☐ Maintain (if 5-6) ☐ Repeat (if <5)	
	5. _____	_____ / 7	☐ 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
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	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

