

**Intentions: Part 1 of Goal to Habit Mapping Sheet**  
**30 Days of Creating More of What You Want**  
Tara Rose, PhD

**Turning Intentions into Sustainable Micro-Habits**

*Big goals don't fail because we don't care.  
They flounder because they aren't designed for real life.*

**Step 1: Name the Intention (The “Why”)**

**What do you want more of right now?**

(Examples: energy, focus, calm, connection, steadiness)

Intention: \_\_\_\_\_

**Why does this matter to you *in this season of life*?**

(1–2 sentences)

\_\_\_\_\_  
\_\_\_\_\_

**Step 2: Translate the Intention into a Direction (Not a Task)**

Instead of asking “*What should I do?*” ask: “*If this intention were already part of my life, what would I be doing differently—regularly?*”

Write **one direction**, not a behavior yet. Examples: “I move my body in ways that restore my energy.” “I create short pauses to reset my focus.” “I protect my evenings for recovery.”

Direction: \_\_\_\_\_

\_\_\_\_\_

**Step 3: Identify the Smallest Useful Action**

Now scale the behavior down until it feels: doable on busy days, non-threatening, and almost *too small*

\_\_\_\_\_

**What is the smallest version of this behavior that still counts?** Examples: 2 minutes of stretching, One deep breath before opening email, One glass of water, Writing one sentence in a journal

\_\_\_\_\_

**Part of the 30 Days of Creating More of What You Want:**  
**An Evidence-Informed Micro-Habit Program for Health and Well-Being**  
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## Step 4: Choose a Natural Anchor (When & Where)

Habits stick better when they're attached to something that already happens. Examples:

After I log into my computer, I take one deep breath. After I brush my teeth, I stretch for one minute.

Complete this sentence:

After I \_\_\_\_\_, I will \_\_\_\_\_.

## Step 5: Define "Success" Gently

Success is **showing up**, not doing it perfectly.

**On a difficult day, what would still count as success?**

Minimum success looks like:

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**Note:** This program is not a substitute for medical or mental health care. If you are experiencing significant distress or burnout, additional support may be appropriate. Choosing stabilization or rest is a valid and responsible decision.

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