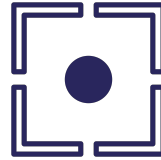
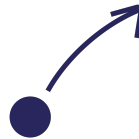




NOTICE



SMALL ACTION



REPEAT





BUILDING HABITS THAT STICK

A Personal Resilience Guide

What This Guide Is

Building Habits That Stick helps you turn small resilience actions into consistent habits, supporting regular use of The Resilience Library without added pressure. It focuses on small actions that fit real school days.

Why This Guide Helps

Because insight only helps if it becomes behaviour

Noticing patterns or capacity once is useful. Noticing them regularly is what makes the difference.

Because habits remove the need for motivation

When something becomes habitual, it no longer relies on willpower or energy.

Because small actions compound over time

Tiny, repeated actions create steadiness far more effectively than occasional big efforts.

Because consistency matters more than intensity

Doing a little, often, is more sustainable than doing a lot, occasionally.

Because habits protect capacity in busy environments

When pressure rises, habits help you respond with clarity rather than reacting later.

Because habits shape identity

Over time, what you do regularly becomes what you believe about yourself.

Who This Guide Is For

This is a personal-use guide, not a behaviour programme or performance tool.

Anyone working in a busy school environment who wants to build small, sustainable habits that support clarity, capacity and resilience.



How to use this guide:

This guide works best when paired with one of the Personal Resilience tools.

You are not trying to build multiple habits at once. You are building one small habit that supports noticing, regulating or protecting capacity.

1 Choose one tool

Start with one tool that feels most useful right now:

e.g. Pattern-Spotting Triangle | Bandwidth Barometer | Micro-Reset Ladder | Workload Boundary Line

Choose based on need, not aspiration.

2 Make the action small

Decide the smallest version of the habit you can realistically repeat.

Examples:

- One question, not the whole tool
- One pause, not a full reset
- One boundary decision, not a full restructure

If it feels too easy, you are doing it right.

3 Attach it to a natural moment

Habits stick when they are linked to something that already happens. Choose a natural cue, such as:

- Starting the day
- Finishing a lesson
- Opening your laptop
- Walking between spaces
- Ending the day

This removes the need to remember.

4 Remove friction

Make the habit easier to do than not to do. This might mean:

- Keeping the tool visible
- Using the same question each time
- Reducing the habit to 30 seconds
- Letting “good enough” be enough

Ease builds consistency.

5 Focus on repeating, not perfecting

You are not trying to do the habit well.

You are trying to do it again.

Missing a day does not break the habit.

Overcomplicating it often does.

Return to the smallest version and continue.

**Habits are not about fixing yourself.
They are about supporting how you already work.**

Build the habit first.
The benefit follows.

Small actions, repeated often, protect capacity far more effectively than effort alone.