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The 6 P Habit Reset

A printable tool for turning intention into one honest, repeatable step.

Pause • Pinpoint • Process • Plan • Practice • Progress

Progress, not perfection or performance.

Beside You on the Journey,

Jan Davidson

My Habit for Today

The habit I want to create, change, or stop:

This matters to me because:

PAUSE — What do I notice about this habit right now?

PINPOINT — What trigger, need, or pattern is underneath it?

PROCESS — What thoughts, feelings, or excuses show up?

PLAN — What is one specific, realistic action I will take?

PRACTICE — When, where, and how will I repeat it?

PROGRESS — What evidence will show that something is changing?

When Life Happens

The moment most likely to interrupt my habit:

The smallest version I can still do:

When I get off track, I will return by:

One person, reminder, or structure that can support me:

My Commitment

One way I will own my true grit this week is:

Signature: _____ Date: _____

Progress, not perfection or performance. | embraceyourjourney.net

For education and personal reflection. This tool is not psychotherapy, diagnosis, or medical advice.