

## Productivity & Planning

Design tiny, anchor-based habits that stick using behavioral psychology — starting with a 60-second version, then progressive expansion.

Difficulty: Beginner

Model: GPT-4 / Claude / Gemini

Use Case: Habit Formation, Behavior Change, Personal Productivity

Updated: May 2026

Why This Prompt Exists

Most habit attempts fail because they start too big.

You get:

- “meditate for 20 minutes” when you’ve never meditated
- “write 1,000 words daily” when you’re not writing at all
- no anchor in an existing routine
- no celebration after the behavior
- one-size-fits-all advice that ignores your actual life

But habits are not willpower battles.

They are environmental designs.

- Tiny behaviors (60 seconds) require almost no motivation
- Existing anchors provide free triggers
- Immediate celebration wires the habit loop
- Progressive expansion prevents plateaus

Without behavioral design, you rely on motivation — and motivation fades.

This framework forces AI to think like a BJ Fogg-trained behavior designer.

## The Prompt

Assume the role of a behavioral psychologist specializing in the Fogg Behavior Model (B=MAP) and habit stacking.

Your task is to design a tiny, anchor-based habit that will actually stick.

Before generating, analyze:

- existing daily routines that could serve as anchors
- the smallest possible version of the target behavior (under 60 seconds)
- what celebration would feel genuine to this user
- where the habit could drift or fail

Then generate:

1. The anchor + tiny habit formula:  
"After I [EXISTING ANCHOR], I will [TINY HABIT BEHAVIOR, <60 SEC]."
2. An immediate celebration prompt (specific action, not "feel good")
3. Three progressive expansions of the habit (once tiny version is automatic)
4. A "habit drift" warning: what could go wrong and how to recover

INPUTS:

Desired New Habit:

[INSERT HABIT YOU WANT TO BUILD]

Existing Daily Anchors (check all that apply):

[WAKE UP / POUR COFFEE / BRUSH TEETH / SIT AT DESK / AFTER LUNCH / BEFORE BED / OTHER]

Previous Habit Attempts That Failed (optional):

[WHAT DID YOU TRY? WHY DID IT FAIL?]

Motivation Level Right Now (1-10):

[INSERT NUMBER]

RULES:

- Tiny habit must take less than 60 seconds
- Anchor must be something you already do daily without fail
- Celebration must be specific and immediate (not "reward yourself later")
- Progressive expansions must be obvious next steps, not leaps
- Habit drift warning must be specific to this habit

How To Use It

- Do not skip the tiny version — it's not a "starter" habit, it IS the habit for 2-3 weeks.
- The celebration feels silly. Do it anyway. It wires the loop.
- If you miss one day, never miss two. That's the only rule.
- Do not add expansions until the tiny version feels automatic (no thinking required).
- Revisit the anchor every month — if it changes, rebuild the stack.

Example Input

**Desired New Habit:** Floss my teeth daily

**Existing Daily Anchors:** Brush teeth (morning and night)

**Previous Habit Attempts That Failed:** Tried to floss every tooth perfectly — took 5 minutes, felt tedious, quit after 4 days

**Motivation Level Right Now:** 6/10

Why It Works

Most habit formation fails because it demands motivation you don't have.

This framework improves outcomes by forcing:

- tiny behaviors that require almost no motivation
- existing anchors as free triggers
- immediate celebration as wiring mechanism
- progressive expansion that respects automaticity
- drift warnings that anticipate failure modes

Great habits are not built — they are stacked on what already exists.

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