

A SEVEN-DAY BEHAVIOR EXPERIMENT

The Friction Map.

A practical map for choosing one tiny action, attaching it to a reliable moment, and noticing what gets in the way. This is an experiment, not a test of character.

01

CHOOSE THE MOVE

Make the action almost too small.

Choose something that fits an ordinary day. Describe a behavior you can actually observe, not a vague outcome.

For the next seven days, I will...

02

FIND THE MOMENT

Put the action after a steady cue.

Pick a context you already encounter. The cue should be concrete enough to recognize without a reminder.

After I... (specific existing action / time / place)

03

LOWER THE FRICTION

Clear the first obstacle.

Consider environment, supplies, time, and social context. Change one thing before Day 1.

The main obstacle will be...

I'll make it easier by...

NOTICE

a real cue



ACT

a tiny step



REGISTER

what happened

Example, not a rule: After putting my coffee mug in the sink, I will put on my walking shoes. I will place them beside the door the night before. A miss is information for the next adjustment.

MY FALLBACK WHEN THE USUAL CUE IS MISSED

SOMETHING WORTH NOTICING AFTER I ACT (OPTIONAL)

REPEAT. OBSERVE. ADJUST.

Seven days, one useful signal.

Check the days you performed your tiny action after the cue. Blank days are not failure; they show where the plan needs to change.

YOUR SEVEN-DAY LOG

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
☐	☐	☐	☐	☐	☐	☐

WHAT HELPED?

Which cue, place or preparation made acting easier?

WHAT GOT IN THE WAY?

What changed on days the action did not happen?

ONE ADJUSTMENT FOR THE NEXT SEVEN DAYS

THE SMALLEST VERSION I CAN STILL DO ON A BUSY DAY

Evidence note: Specific if–then plans can help connect a situation to an intended action. Repetition in a consistent context may gradually make behavior more automatic, but habit formation varies widely. Seven days is a planning and learning interval—not a scientifically established habit-formation deadline.

RESEARCH BEHIND THE PROMPTS

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