

THE UNCLE KENJI EVERYDAY GUIDE

50

Small Habits for a Better Life

A practical guide to calmer days,
everyday well-being, and a life you enjoy.



SMALL HABITS. A LIFE YOU ENJOY.

50 practical habits / 5 chapters / a 14-day starter plan

FIND YOUR STARTING POINT

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Navigation tip: click a footer page number to return here. Each chapter also includes a habit index.

CHAPTER 01 / HABITS 01-02

Give recovery a place in your day.

01 Give sleep a place on your calendar

Enough sleep supports health and daytime functioning. Adults ages 18-60 generally need at least seven hours; individual needs vary. Protecting the opportunity to sleep is a useful first step.

START HERE Work backward from your required wake-up time and reserve a realistic sleep window. Identify one evening task you can finish earlier, simplify, or leave for another day. Caregiving and shift work may require a different schedule.

MINIMUM VERSION Move one optional evening activity out of your sleep window.

Ask yourself: What usually takes time away from sleep?

GUIDANCE

[1]

02 Keep a steady wake-up time

Regular sleep and wake times are part of standard sleep guidance. Choose a pattern that fits your responsibilities instead of copying an influencer's early-morning routine.

START HERE Pick a workable wake-up time for your usual schedule, including days off when possible. Use an alarm if helpful, and allow enough time for sleep. Shift workers can aim for consistency within a run of similar shifts.

MINIMUM VERSION Write down the wake-up time you will aim for tomorrow.

Ask yourself: Is your chosen time realistic for the sleep you need?

GUIDANCE

[1] [2]

WEEK 1 / DAYS 01-07

Learn the routine.

Fourteen days gives you a structure for trying and reviewing habits. It does not establish a universal habit-formation deadline. Keep the workload modest. [10,15]

Choose your starting habit

01

Use page 5 to select one action that matters to you. Write why you want to try it.

Make the cue specific

02

Decide what existing event will remind you. Write: "After ____, I will ____."

Practice the smallest version

03

Do the minimum version once. Notice whether the timing and place make sense.

Remove one obstacle

04

Prepare an item, change a setting, or simplify a step that made yesterday harder.

Repeat without increasing

05

Keep the action the same size. You are learning the routine, not proving endurance.

Notice what helps

06

Record one observation about convenience or enjoyment. Feeling a dramatic benefit is not required.

Review the first week

07

Use page 40. Keep, shrink, replace, or stop the habit based on what you learned.

One planned action, repeated thoughtfully, is enough to begin.

PRINT OR COPY INTO YOUR NOTES

A record, not a report card.

Write your chosen habits below. Use F for the full version, M for the minimum version, and a dash for a missed planned attempt. Leave unplanned days blank. The marks help you notice patterns; they are not a measure of your worth.

HABIT A: _____

HABIT B: _____

HABIT C: _____

DAY	A	B	C	ONE SHORT OBSERVATION
01				
02				
03				
04				
05				
06				
07				
08				
09				
10				
11				
12				
13				
14				

My next review date: _____

One adjustment I want to try: _____