

HABIT HACKS

for

HAPPINESS

”

PRINTABLE TOOLKIT

A companion to Habit Hacks for Happiness

Build habits that actually serve you

“

AUTHOR

TESS ALDER

www.tessalderbooks.com

What's Inside

- | | |
|----|-----------------------------------|
| 01 | Discomfort Zone Journal |
| 02 | Identity-Based Habit Builder |
| 03 | Morning & Evening Habit Bookends |
| 04 | Radical Honesty Reflection Sheet |
| 05 | Failure Reframe Sheet |
| 06 | Emotional Regulation Quick Sheet |
| 07 | Habit Environment Audit |
| 08 | Neurohabit Tracker Map |
| 09 | 30-Day Habit Discomfort Challenge |
| 10 | Accountability Partner Script |
| 11 | Weekly Habit Review NEW |
| 12 | Values & Motivation Compass NEW |

Print single sheets as needed, or print the full toolkit and bind it as your personal habit journal.

01 Discomfort Zone Journal

Use this page daily to record moments of discomfort and reframe them as opportunities for growth.

Question	Your Answer
What discomfort did I face today?	
What did I avoid, and why?	
What emotion came up?	
What did I learn?	
How did I grow?	

Date: _____ Mood: _____ Energy level (1–10): _____

02 Identity-Based Habit Builder

Anchor your habits to the person you want to become. Fill out this worksheet weekly.

Reflection Prompt	Your Answer
1. Who do I want to become?	
2. What would that person do daily?	
3. What micro-habit supports this identity?	

Weekly Implementation Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun

03 Morning & Evening Habit Bookends

Design simple routines to start and end each day with purpose and presence.

Morning Startup Routine

Prompt	Your Response
1. What's one thing I'll do for my body?	
2. What's one thing I'll do for my mindset?	
3. What's one thing I'll do to move a goal forward?	
4. Today I will feel successful if I...	

Evening Wind-Down Routine

Prompt	Your Response
1. One win from today:	
2. One wobble (challenge / mistake):	
3. What did I learn from it?	
4. What will I carry into tomorrow?	

04 Radical Honesty Reflection Sheet

Use these prompts to explore where you might be avoiding the truth. Write with courage and clarity.

Prompt	Your Honest Answer
Where am I lying to myself?	
What truths am I avoiding?	
What would honesty look like today?	

"The truth you avoid today becomes the habit you repeat tomorrow." — Tess Alder

05 Failure Reframe Sheet

Use this worksheet to shift how you view setbacks and extract growth from every experience.

Question	Your Answer
What happened?	
What triggered it?	
What did I assume?	
What's another way to view this?	
What will I do next time?	

"Failure is data. Reframe it, and it becomes direction." — Tess Alder

06 Emotional Regulation Quick Sheet

Use these tools to ground yourself, soothe your nervous system, and name emotions clearly.

BOX BREATHING	BODY SCAN CUES
Inhale for 4 — hold for 4 — exhale for 4 — hold for 4. Repeat 3–4 times.	Slowly bring awareness to your feet, legs, torso, arms, neck, and head.

NAME IT TO TAME IT	SELF-SOOTHING PHRASES
Label your emotion (e.g. 'I feel overwhelmed') to help regulate your brain's response.	'I am safe right now.' 'This feeling will pass.' 'I'm doing my best.'

My Go-To Regulation Tools

07 Habit Environment Audit

Redesign your space to support habits that align with who you want to become.

Area	Guiding Question	Your Action Plan
Trigger Audit	What in your space cues unwanted habits?	
Cue Optimisation	How can you make desired habits easier to start?	
Phone / Laptop Detox Ideas	What digital distractions can be minimised or removed?	

Date of audit: _____ Room / space reviewed: _____

08 Neurohabit Tracker Map

Map your habits according to which brain chemical they primarily influence.

Habit	Dopamine (Reward / Motivation)	Serotonin (Mood / Wellbeing)	Cortisol (Stress Response)	Notes

Tip: Use for a positive influence, for a spike, and for a reduction in each chemical column.

09 30-Day Habit Discomfort Challenge

One small challenge per day to stretch your comfort zone and build resilience.

Day	Challenge	Day	Challenge	Day	Challenge
1	Take a cold shower	11	Ask a question in a group setting	21	Do one task without multitasking
2	Go for a walk without your phone	12	Start a conversation with a stranger	22	Compliment someone sincerely
3	Eat a meal in silence	13	Practice 2 minutes of stillness	23	Try something new and awkward
4	Say no without apologising	14	Declutter one drawer	24	Identify a limiting belief and challenge it
5	Write a social media post about a mistake you made	15	Wear something outside your usual style	25	Speak up in a meeting or group
6	Wake up 30 minutes earlier	16	Do 10 minutes of intense exercise	26	Forgive someone (in writing or mentally)
7	Try a new food you dislike	17	Share a vulnerable truth with a friend	27	Revisit something you failed at
8	Do something creative for 15 minutes	18	Sit with an uncomfortable emotion	28	Go somewhere new alone
9	Journal honestly about fear	19	Limit screen time to 1 hour today	29	Ask for help
10	Hold eye contact for 5 seconds longer	20	Make a phone call you've been avoiding	30	Reflect on what discomfort taught you this month

Tick each day as you complete it. Missing a day is fine — just pick up where you left off.

10 Accountability Partner Script

Use this script to ask someone to be your accountability partner and define your check-in plan.

Statement	Your Response
Hi [Name], I'm reaching out because I'm working on:	
I chose you as an accountability partner because:	
Here's how I'd like to be supported:	
Let's check in every [day / time / frequency]:	
If I miss a check-in, I give you permission to:	

Partner's name: _____ Contact: _____ Start date: _____

11 Weekly Habit Review □

A structured Sunday reflection to celebrate progress, identify friction, and reset your intentions for the week ahead.

Habit Tracker — This Week

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Score

Weekly Reflection

Reflection Question	Your Answer
What went well this week?	
What got in the way?	
What will I do differently next week?	
My intention for next week is:	

Week of: _____ Overall effort rating (1–10): _____

12 Values & Motivation Compass □

Clarify what matters most to you — and use it as a compass for every habit you build.

Your habits are most powerful when they are rooted in your core values. Use this worksheet to identify your values and connect each one to a daily habit.

My Core Values

Value	Why It Matters to Me	Habit That Reflects It

Motivation Check-In

Question	Your Answer
Why do I actually want to change?	
Who benefits when I show up at my best?	
What will my life look like in 6 months if I stay consistent?	

"When your habits align with your values, consistency becomes inevitable." — Tess Alder



Habit Hacks for Happiness

Printable Toolkit — A companion workbook by Tess Alder

*“Discomfort is the price of admission
to a meaningful life.”*

www.tessalderbooks.com

All rights reserved © Tess Alder