

# BETTER THAN NOTHING

# worksheet

Progress, not perfection

01

INTRO  
to BTN

The biggest barrier to creating healthy habits is an **ALL** or **NOTHING** attitude.

Sure, give it your **ALL** when you can.

However, on days you can't find the time, energy, or motivation, instead of doing **NOTHING**...

Pre-plan something **small & easy** you know you can do even on those tough days.

This small & easy action is your **Better Than Nothing** plan, or **BTN** plan.

02

FIND  
your BTN

Habit I want to improve: \_\_\_\_\_

If I gave it my **ALL** I would:

write an ideal action here that would improve your habit

This isn't perfect, but it's **BTN**:

write a **smaller & easier** action here that would still improve your habit

**NOTHING**

inaction feels bad, so do your **BTN** plan to avoid this

03

TEST  
your BTN

OK. Now it's time to **TEST** your **Better Than Nothing** plan.

Focus on giving your **ALL** when you can, but when life obstacles pop up instead of doing **NOTHING**...activate your **BTN** plan! It's all about progress, not perfection.