



Habits That Stick

Turning a good intention into a move you actually keep, day after day.

10 prompts to pick a habit that matters, anchor it in your day, track it without pressure, hold on through the hard days and undo a bad habit, with nothing to install.

Free for the SYSTINFO community



GOOD TO KNOW

The AI coaches, you hold the line.

Building a good habit is not about iron willpower, it is about method. In 2026, assistants (ChatGPT, Gemini, Le Chat) and a wave of tracking apps (HabitBee, Habit AI, Habidu) can design a routine, remind you, follow your progress and nudge you back on track. Three rules still matter.

- **The AI designs, you act**

It builds the plan, the reminder and the encouragement, but the move is yours. No app builds the habit for you.

- **It does not know you**

Give it your pace, your constraints and your past slip-ups, or its advice stays too generic to hold in your life.

- **Your data stays yours**

No sensitive health details or ID documents in the AI. Describe your habit without handing over what it does not need.

The right reflex: start ridiculously small, a single move the AI helps you repeat.

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THE METHOD

Ten prompts, five steps.

No technical skill required. These 10 prompts take you from intention to lasting habit: pick the right one, anchor it in your day, track it, hold on when it is hard, then make it last and undo a bad one. Change the brackets to fit your case.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Pick the right habit**

· 2 prompts

02 **Anchor it in your day**

· 2 prompts

03 **Track without judging**

· 2 prompts

04 **Hold the hard days**

· 2 prompts

05 **Make it last, undo the bad**

· 2 prompts



The Real Goal

PROMPT TO COPY

Role: you are a coach who turns a vague wish into a clear goal.

Context: I want to [build a good habit] but I scatter my effort and quit fast.

Task: help me choose ONE habit that matters and name the reason behind it.

Format: one sentence, "I want [habit] because [reason]", plus two signs of success.

What you get

A single, motivating target. You move on what truly matters instead of spreading yourself thin.



The Tiny Habit

PROMPT TO COPY

Role: you are a specialist in small habits that are easy to keep.

Context: my goal is [habit] but it feels too big to even start.

Task: shrink it to a version so small I cannot say no, even on a busy day.

Format: the two-minute version, and how to grow it once it feels natural.

What you get

A first step with no effort. Too small to fail, steady enough to truly take root.



The Daily Trigger

PROMPT TO COPY

Role: you are a routine expert who hooks a habit onto daily life.

Context: I forget my new habit [habit] because nothing reminds me of it.

Task: help me attach it to something I already do every day, with no alarm.

Format: the formula "after [existing action], I do [habit]", with three moment ideas.

What you get

A natural cue, built into your day. No willpower needed, the right moment comes on its own.



The Ready Space

PROMPT TO COPY

Role: you are an organizer who makes the good habit easy and the bad one hard.

Context: at home, [habit] takes too many steps and I give up.

Task: suggest how to set up my space so the habit is obvious and quick.

Format: three moves to make it easy and visible, two to push the temptation away.

What you get

A setting that works for you. The habit becomes the simplest choice, with no thinking.



The Simple Tracker

PROMPT TO COPY

Role: you are an assistant who designs minimal, pressure-free trackers.

Context: I want to track [habit] without a complicated app or any fuss.

Task: suggest a very simple tracking sheet, one box ticked per successful day.

Format: a one-month grid to print, plus a clear rule for what counts as done.

What you get

A visible trace of your effort. Each ticked box makes you want to keep the streak alive.



The Proof That Motivates

PROMPT TO COPY

Role: you are a kind analyst who turns a tracker into encouragement.

Context: I have been ticking for [two weeks] and I cannot tell if I am progressing.

Task: help me read my results and spot what works and what gets stuck.

Format: a short review, one progress figure and a small win to celebrate this week.

What you get

Your progress made visible. Motivation returns when you see how far you already came.



The Planned Obstacle

PROMPT TO COPY

Role: you are a strategist who prepares the hard days in advance.

Context: I keep [habit] on good days, but I drop it the moment life gets busy.

Task: help me foresee my obstacles and a backup door for each one.

Format: three "if [obstacle], then [mini version]" plans, so I never fall to zero.

What you get

A plan for the off days. Even swamped, you keep the thread instead of stopping cold.



The Forgiven Slip

PROMPT TO COPY

Role: you are a coach who helps me restart without guilt after a miss.

Context: I missed [habit] for several days and I feel like quitting it all.

Task: help me understand why, without judging me, and restart today.

Format: the rule "never miss twice in a row", plus one simple move to restart tonight.

What you get

A slip is not a failure. You bounce back fast, and the restart is what builds the habit.



The Stacked Habit

PROMPT TO COPY

Role: you are a routine builder who adds one brick at a time.

Context: [habit] now feels natural and I want to anchor a new one on top of it.

Task: help me stack a second habit right after the first, without overloading me.

Format: the chain "after [habit I have], I do [new one]", and when to start it.

What you get

A routine that grows with ease. Each solid habit becomes the base for the next.



The Bad Habit, Undone

PROMPT TO COPY

Role: you are a specialist who helps undo a habit that weighs on me.

Context: I want to stop [bad habit] but I slip back without even thinking.

Task: help me spot its trigger, replace it, and make the move harder to do.

Format: the trigger named, one replacement habit, three frictions to add.

What you get

The grip loosens. By making the move harder and replacing it, the bad habit fades out.



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