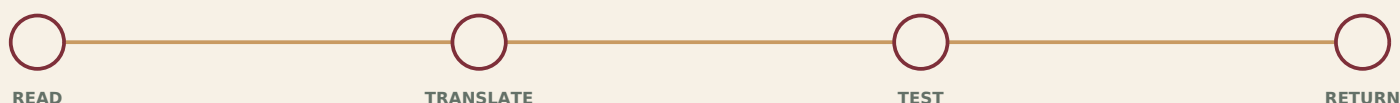


The After-the-Book Field Guide

Turn one useful idea into a habit that survives a real week.



Use this with any habit or behavior-change book. Choose one idea, translate it into a visible action, observe one ordinary week, and prepare the return before a difficult day arrives.

Original workbook. Independent and unaffiliated. No copied book exercises.

HOW TO USE THIS GUIDE

Ten pages. One idea. One week of observation. The goal is a useful decision, not a perfect grid.



1. BEGIN SMALL

Choose one idea from the book. Do not redesign your morning, evening, identity, home and calendar at once.

2. WRITE FOR REALITY

Name the action someone could see. Then define an ordinary version, a difficult-day version and a tiny version.

3. OBSERVE, DO NOT GRADE

Seven days is a short field test, not a habit-formation deadline. Record what made the action easier or harder to begin.

4. END WITH A CHOICE

Continue, resize, move, pause or stop. A plan that does not fit is information, not a character judgment.

IMPORTANT LIMIT

This guide is for low-risk, self-directed everyday habits. It is not medical or mental-health treatment. If the behavior involves safety, disordered eating, addiction, or a health condition, use qualified professional support.

READ

Choose one idea worth carrying forward. Summarize it in your own words so you can work with the principle without copying the author's worksheet.



THE IDEA, IN MY OWN WORDS

One or two sentences. Avoid a slogan if you cannot explain what it asks you to notice or change.

THE REAL PROBLEM I HOPE IT HELPS

Name the recurring situation, not the ideal outcome.

WHY THIS IDEA

What makes it more useful than the other ideas I marked?

WHAT IT DOES NOT PROMISE

Write one limit so the idea does not become a guarantee.

TRANSLATE

Turn the idea into an action another person could see. Then give the action more than one valid size.



THE VISIBLE ACTION

Use a verb. Replace 'be consistent' with something observable, such as opening the document and writing one sentence.

ORDINARY VERSION

What fits when the day has normal capacity?

DIFFICULT-DAY VERSION

What keeps the relationship with the action when time or energy is constrained?

TINY VERSION

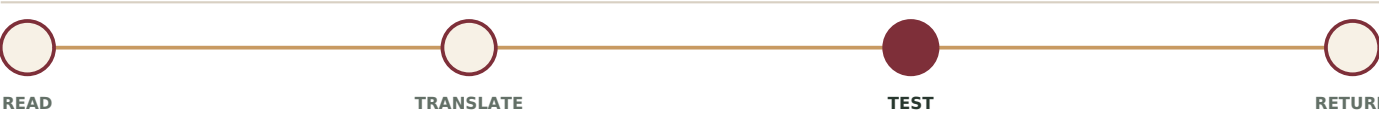
What is the first real part of the action, small enough to begin?

THE STOPPING RULE

When is the action complete for today? A clear ending prevents a tiny plan from expanding into an unplanned project.

TEST THE CUE

A useful cue appears before you need to remember the habit. Test whether it exists across the kinds of day you actually have.



THE FIRST CUE TO TEST

It can be a recurring event, a time-and-place plan, or a visible change in the environment.

KIND OF DAY	DOES THE CUE APPEAR?	VALID VERSION	FALLBACK
Ordinary day			
Difficult day			
Different-location day			

- ☐ I will keep this cue for the seven-day observation.
- ☐ I will change the cue before the observation begins.

SEVEN-DAY OBSERVATION

Seven days is a short observation window, not a promise that a habit will form. Record the cue, the version and what changed the start.



DAY	CUE?	VERSION	WHAT HELPED OR GOT IN THE WAY?	WHAT I LEARNED
1				
2				
3				
4				
5				
6				
7				

Observation rule: A blank day is data. Do not invent a make-up action just to fill the row.

RETURN

Prepare for the missed opportunity before it arrives. The return should fit the next real opening, not create a debt to the calendar.



THE MOST LIKELY INTERRUPTION

Travel, a late shift, caregiving, illness, a changed location, low energy, or a cue that disappears.

THE NEXT REAL OPPORTUNITY

Name the next event or window that actually exists. It may not be tomorrow.

THE RETURN VERSION

Choose the smallest valid version for that opportunity. No catch-up debt.

THE DECISION RULE

Complete the sentence: If the plan misses repeatedly, I will examine the cue, size and context before I examine my character.

REVIEW

End the field test with a decision. More effort is only one option; a clearer cue, smaller action, different window, pause or ending may fit better.



CONTINUE

The cue appeared and the current version usually fit.



RESIZE

The action mattered, but its ordinary version asked too much or too little.



MOVE

The action fit; the cue, location or window did not.



PAUSE

The plan may matter later, but the current context cannot support a fair test.



STOP

The behavior no longer serves the reason I chose it, or another priority matters more.

MY NEXT VERSION, IN ONE SENTENCE

If I continue, resize or move, write the new action and cue. If I pause or stop, write what closes the test cleanly.

ONE-PAGE FIELD CARD

Keep the entire plan in view. Tear out or photograph this page and place it near the first cue you are testing.



ONE IDEA

In my own words

VISIBLE ACTION

What another person could see

FIRST CUE

The event, time-and-place, or environmental change

THREE VERSIONS

Ordinary / difficult / tiny

NEXT REAL OPPORTUNITY

Where I return after a miss

REVIEW DATE

When I choose continue / resize / move / pause / stop

NOTES AND SOURCES

This workbook is an original Meliorly framework. Research shaped its cautions; no study proves that a seven-day test forms a habit.

FIELD NOTES

RESEARCH BASIS AND RESPONSIBLE LIMITS

- 1 Lally et al. (2010), How are habits formed? One missed opportunity did not materially alter the modeled process in this 12-week daily study; the finding is not a universal zero-impact rule. doi.org/10.1002/ejsp.674
- 2 Keller et al. (2021), Habit formation following routine-based versus time-based cue planning. Both cue-planning groups improved for the selected nutrition behaviors; no between-group advantage was found. doi.org/10.1111/bjhp.12504
- 3 Gollwitzer and Sheeran (2006), Implementation Intentions and Goal Achievement. This meta-analysis supports specifying when, where and how to act; it does not make every reminder an implementation intention. [doi.org/10.1016/S0065-2601\(06\)38002-1](https://doi.org/10.1016/S0065-2601(06)38002-1)

CONTINUE WITH MELIORLY

Explore source-checked habit-book guides and see how Meliorly turns a useful idea into a plan that can resize with the day. meliorly.com/guides/habit-books