Habit Prioritization & 1–3–10 Framework

Use this exercise to determine where to start, how to start, and how to build consistency without overwhelm.

The Priority Filter

Choose the habit that will create the most meaningful change with the least resistance.

Answer all of the following questions:

1. What habit would improve how I feel the fastest?

2. What habit would remove the most day-to-day friction or make my routine easier?

3. What habit creates a positive downstream effect on other habits?

4. What habit feels realistically doable within 48 hours?

5. What habit, if consistent, would have the biggest long-term impact on my health?

6. What habit feels challenging enough to matter, but not so intense I'll abandon it?

Whichever habit hits three or more criteria is your starting point.

The 1–3–10 Framework
How to scale a habit without overwhelm.

1-Minute Version: Break the Barrier

Purpose

- Shrink resistance by keeping the starting point extremely small
- Make action possible even when motivation is low
- Build early self-trust through instant follow-through

Guiding Questions

1. What is the smallest version of this habit I can do in 60 seconds?

2. If I stripped away perfectionism, what would this look like?

3. What version feels doable when I'm tired, stressed, or not in the mood?

4. What's the smallest possible step that would make it impossible to say "I can't start"?

5. What 1-minute action builds immediate self-trust?

Implication

You've proven that starting is always possible.

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3-Minute Version: Minimum Effective Dose

Purpose

- Build momentum by slightly expanding the original 1-minute action
- Create a small emotional or physical shift that reinforces engagement
- Keep motivation irrelevant by relying on ease, not effort
- Strengthen early neural pathways through repetition
- Establish a consistent baseline you can return to even on low-energy days

Guiding Questions

1. What small expansion of my 1-minute habit would create a noticeable shift?

2. What can I do in 3 minutes that requires little to no motivation?

3. What version feels easy to repeat daily without draining my energy?

4. What turns this from "starting" into "continuing"?

5. If today were a low-energy day, what 3-minute version would still count?

Implication

You've created a consistent, repeatable baseline you can return to on any day.

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10-Minute Version: Habit Maturity

Purpose

- Create meaningful physiological or emotional change through increased duration
- Deepen engagement so the habit feels valuable, not optional
- Reinforce identity by doing the version that feels like "I do this now"
- Build capacity and confidence without overwhelming your system
- Establish a foundation that can compound into long-term transformation

Guiding Questions

1. What version creates meaningful physical or emotional impact?

2. What deepens the habit without overwhelming me?

3. What version feels like the identity shift: "I do this now"?

4. What supportive actions pair naturally with this longer version?

5. If I repeated this 10-minute version for 30 days, what would noticeably change?

Implication

You've built a version of the habit that meaningfully changes your results and identity.

THE ANTI-OVERWHELM RULE

You are never allowed to jump from 0 → 10.

You must always pass through 1 → 3 first.

If the starting point isn't small enough to begin immediately, it's too big.

Why This Rule Exists

- Overwhelm destroys consistency.
- Perfectionism delays action.
- All-or-nothing thinking blocks progress.
- Confidence is built from completion, not intensity.

Principle

Behavior change is built through small, repeatable actions that reinforce identity, not by trying to do everything at once.

Takeaway

Progress accelerates when the steps are small enough to repeat.