



Habit Stacking Plan

1. Kickoff & Purpose

- Share the definition of **habit stacking** (linking a new habit to an existing routine so it becomes automatic).
- Introduce the goal: to build personal and collective happiness habits that improve workplace resilience, connection, and productivity.

2. Icebreaker: Anchor Habits

- Split the people into **groups of 4**.
- Each person shares **one current daily habit** at work (e.g., making coffee, checking email, starting Zoom, logging into a system).
- Each group records their shared list.

3. Choosing New Happiness Habits

- Each person selects **one research-backed happiness habit** from the list:
 - Gratitude
 - Savoring positive experiences
 - Reframing negatives
 - Reliving career milestones
 - Building social connections
 - Practicing kindness
 - Taking enjoyable breaks
- Encourage variety so the team as a whole explores multiple habits.



4. Build Habit Stacks

- Each of the participants completes:
After I [CURRENT HABIT], I will [NEW HABIT].

Example:

- Person 1: After I open my inbox, I will write one thing I'm grateful for.
- Person 2: After I refill my water, I will message encouragement to a teammate.
- Person 3: After I finish a meeting, I will highlight one positive moment.
- ... continue until all have one.

5. Team Habit Experiment

- Each day, individuals mark  if they completed their stack.
- Weekly check-in: everyone shares insights, challenges, or tweaks.

6. Reflection & Culture Embedding

Each member of the team reflects on:

- Impact on their **mood and work energy**.
- Any changes in **team morale or collaboration**.
- Barriers and adjustments.
- Commit to:
 - **1 personal habit stack**
 - **1 shared team habit stack** (e.g., “After we start weekly meetings, we’ll share one small win”).