

FOR TEACHERS

30-Day Challenge

The Monday-after run-sheet.

The seminar lights the spark. What students do on Monday decides whether it catches. Here is a 15-minute launch you can run with any class, no prep needed.

In class: 15 minutes

1 (2 min)

Hand each student a tracker. Start them on the 7-day. The 30 or 66-day comes next.

2 (3 min)

They write one habit. One only, small enough to do on their worst day.

3 (3 min)

They fill one habit stack: After I (something I already do), I will (my new habit).

4 (2 min)

They sign the habit contract and name a partner sitting in the room.

5 (5 min)

Pair them up. Partners swap habits and agree to check in on Friday.

Keep it alive

Friday

60-second check. Hands up, who kept the chain? Name a few. Move on.

Week 6

Re-print trackers and start a fresh round. New habit, same system.

End of term

Ask students to write in with what changed. Send the wins to The HopeFULL Institute.

Print one each

- 7-Day starter tracker
- Habit stacking sheet
- Habit contract

Remember

One habit, signed and witnessed, beats a list of good intentions. Small, attached, and checked by a mate is what makes it stick.