SLIDE COURSE

Build a Routine That Sticks

BY @SAMPLE.CREATOR



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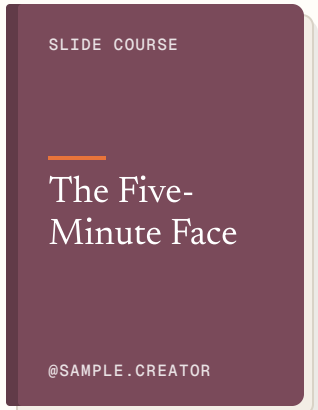
EXAMPLE PRODUCT · MADE FOR ANY NICHE

Cooking, beauty, fitness, money, parenting, gardening

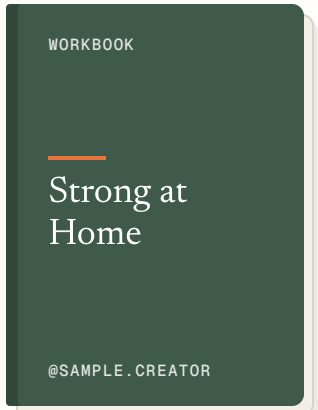
Every product we make follows the same format, whatever the creator teaches. The pages after this one are a full example with generic content and stock photos. Yours is customized: written from your own posts, with your photos, and you approve every page.



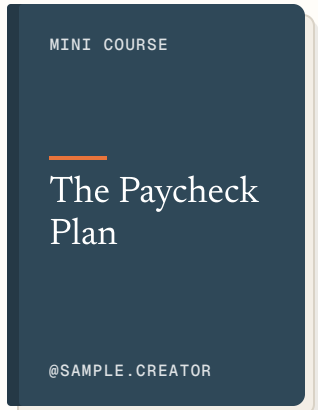
COOKING



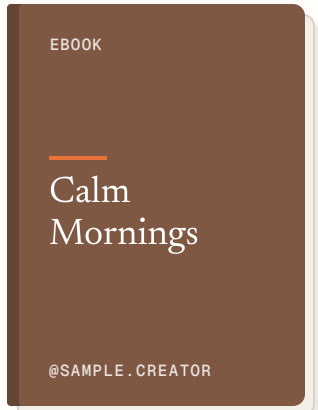
BEAUTY



FITNESS



MONEY



PARENTING



GARDENING

LESSON 1

Why this works

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You don't need more motivation

- Motivation comes and goes
- Systems keep you going on the off days
- This course builds the system



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Three parts of every routine

- A clear trigger
- The smallest possible action
- A quick way to see progress

What you'll have by the end

- A routine that fits your week
- A one-page plan
- A way to restart after a break

Worksheet

- What have you tried before? _____
- What made it stop? _____
- What would success look like in a month? _____

LESSON 2

Pick your trigger

Attach it to something you already do

- After coffee
- After the school run
- Before you open your laptop



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Make it visible

- Leave the tools out
- Set one reminder, not five
- Put it where you'll see it

Test it for three days

- Same trigger each day
- Note when it worked
- Adjust, don't abandon

Worksheet

- My trigger is _____
- Where I'll keep my tools _____
- My reminder time _____

LESSON 3

The smallest action

Shrink it until it's easy

- Two minutes, not twenty
- One step, not the whole plan
- Easy enough on a bad day



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Grow it one notch a week

- Add one minute or one step
- Only when the last one is automatic
- Write down each change

Plan for bad days

- Pick a back-up version
- Half counts
- Never miss twice

Worksheet

- My two-minute version _____
- My bad-day version _____
- Next week's one change _____

LESSON 4

See your progress

Track the habit, not the result

- Did I show up today?
- One check mark a day
- Results follow showing up



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Review once a week

- What worked
- What got in the way
- One thing to change

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Celebrate small wins

- Tell someone
- Mark the streak
- Notice how it feels

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Worksheet

- How I'll track it _____
- My weekly review day _____
- How I'll celebrate _____

LESSON 5

Make it yours

Your one-page plan

- Trigger
- Smallest action
- Bad-day version
- Weekly review



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Restarting after a break

- Breaks happen
- Restart with the smallest version
- No catching up

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Where to go next

- Add a second routine only when the first is easy
- Share your plan
- Come back to lesson one any time

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Worksheet

- My one-page plan _____
- My restart rule _____
- The next routine I'll build _____

THIS EXAMPLE VS. YOURS

Everything here is customized for you

This example uses generic content and stock photos so you can see the format. Your version is written from your own posts and the material you add, so it reads like you and answers what your followers ask.

- ✓ Your own posts, tips and recipes become the chapters, in your voice
- ✓ Your title, your price, and the questions your followers actually ask
- ✓ Your photos, or images made for your topic, instead of these stock photos
- ✓ Nothing goes on sale until you've read and approved every page

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Thanks for learning with me.

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