learning habits framework

A simple, practical system for turning intention into consistent learning behaviour.

The LHF is built around five stages. Each stage builds one core habit layer before moving to the next.

You don't rush it. You earn each level through action.

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LHF Stage 1 – Identity: Become a Learner

Purpose:
Shift from “trying to study” to “being a learner.”

Core Habit:
Daily identity reinforcement through action.

Learner Actions:

- Write a personal learner identity statement
  Example: “I am someone who shows up to learn every day.”
- Choose one tiny daily action (2–5 minutes)
- Complete it every day for 7 days
- Track every session, even if it’s only 2 minutes

Scorecard Metrics:

- Days showed up
- Streak length
- Identity confidence rating (1–10)

LHF Stage 2 – Structure: Build the Study System

Purpose:
Remove decision-making from learning.

Core Habit:
Same time. Same place. Same trigger.

Learner Actions:

- Choose one fixed study window
- Choose one fixed study location
- Choose one trigger (e.g. after coffee)
- Design a 20–30 minute session template
- Use it for 10 sessions

Scorecard Metrics:

- Sessions completed
- Same-time consistency %
- Start-without-resistance score (1–10)

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LHF Stage 3 – Focus: Train Attention

Purpose:
Build the habit of deep, uninterrupted learning.

Core Habit:
Short, focused work blocks.

Learner Actions:

- Use 25-minute focus blocks
- One task per session
- Phone out of reach
- Log distractions
- Rate focus after each session

Scorecard Metrics:

- Focus block count
- Average focus rating
- Distraction frequency

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LHF Stage 4 – Momentum: Make Progress Visible

Purpose:
Turn effort into motivation.

Core Habit:
Track small wins.

Learner Actions:

- Break learning into weekly targets
- Tick off daily actions
- Review progress weekly
- Celebrate completion

Scorecard Metrics:

- Tasks completed
- Weekly completion %
- Motivation score (1–10)

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LHF Stage 5 – Resilience: Learn Through Disruption

Purpose:
Stop one bad week becoming a quit.

Core Habit:
Fast recovery.

Learner Actions:

- Create a “minimum effort” version of study
- Write a reset plan
- Use the 24-hour restart rule
- Reflect, don’t quit

Scorecard Metrics:

- Recovery speed (days to restart)
- Lapse frequency
- Confidence to continue (1–10)

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How Learners Progress

They don't "complete" LHF. They grow through it.

Each stage:

- Requires real behaviour
- Has visible proof
- Builds confidence through action

By the end, learners haven't just studied. They've become:

- Consistent
- Focused
- Resilient
- Self-directed

And most importantly, they've become someone who finishes what they start.

Learning Habits Framework (LHF)

Habit Progress Tracker Worksheet

Name:	
Qualification / Course you're undertaking:	
Start Date:	

Stage 1 – Identity: Becoming a Learner

My learner identity statement:
"I am someone who…. …"

My daily proof action (2–5 minutes):

_____

7-Day Identity Streak Tracker:
Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7 ☐

Reflection:
What changed in how I see myself as a learner?

_____

_____

_____

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Stage 2 – Structure: Building My Study System

My study time:	
My study place:	
My trigger (what starts study):	

My session template (what I do each time):

1. _____
2. _____
3. _____

Sessions completed:
☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

Reflection:
What made it easier to start?

_____

_____

Stage 3 – Focus: Training Attention

My focus block length: _____ minutes

Distraction-free setup checklist:
☐ Phone away
☐ One task only
☐ Clear desk
☐ Timer set

Focus Log:
Session: ____ Focus rating (1–10): ____
Session: ____ Focus rating (1–10): ____
Session: ____ Focus rating (1–10): ____

Top distractions I noticed:

Stage 4 – Momentum: Making Progress Visible

This week's learning goal:

Daily actions:
Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun ☐

Wins this week (big or small):

Motivation level now (1–10): _____

Stage 5 – Resilience: Bouncing Back

My warning signs that I'm slipping:

My minimum-effort study action:

My 24-hour reset plan:

1.
2.

What I learned from my last setback:

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My LHF Progress Snapshot

Stage I'm currently working on:

☐ Identity ☐ Structure ☐ Focus ☐ Momentum ☐ Resilience

Consistency score this week (1–10): _____

Confidence as a learner (1–10): _____

Next small action I'll take:

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