

I-G-E

TOOLKIT

Integrate your tiny habits into daily life
Cultivate consistency through small wins
Elevate your mindset and wellbeing

How to use

- Sleep 🌙: Did you go to bed on time? Put a ✓.
- Move ✂️: Did you stretch, dance, or walk for 5 minutes? ✓.
- Reflect 📝: Did you write one sentence about your day? ✓.
- Screen-Free 📵: Did you have 15 minutes without phone/tablet? ✓.
- Tiny Win ★: Did you do one small thing that made you proud? ✓.



Phone.

+254 758 445 598



Email.

info@integrativewellbeingke.org



Address.

Nairobi, Kenya



Day ↓ \ Habit →	Sleep 🌙	Move 🧘	Reflect 📝	Screen-Free 🚫	Tiny Win ⭐
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

Day ↓ \ Habit →	Sleep 🌙	Move 🧘	Reflect 📝	Screen-Free 🚫	Tiny Win ★
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Definition

Elevate = pause after you've **Integrated** a micro-habit **(I)** and **Cultivated** it **(C)** to celebrate, reflect, and reinforce the positive shift.

Purpose:

- Lock in motivation with a moment of recognition.
- Anchor neural pathways; your brain learns "this habit feels good."
- Build momentum; small victories become stepping-stones to bigger goals.

1. Victory Shout-Out

"I feel: _____!"

Stand or raise your voice, own the feeling.

2. Gratitude Snapshot

"Right now I'm grateful for:

3. Choose Your Micro-Reward (✓ one, then do it NOW!)

-  Play a 30-sec favourite song
-  Enjoy a small treat
-  Snap a happy selfie
-  Text a friend "I did it!"
-  Do a 10-sec dance break

Keep this cards as your daily pocket-sized guide to **I-C-E** your routine 😊

Integrate, Cultivate, Elevate.

Definition & Purpose

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Integrate, **C**ultivate, **E**levate.

I-G-E

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How to use

- **Intention:** Write what you want to focus on today ("Be kind to myself," "Try a new game," etc.).
- **Mood:** Circle the face that shows how you feel at the end of the day.
- **Tiny Win:** Write one little thing you did well today.
- **Tomorrow's Micro-Habit:** Decide on one small action for tomorrow ("Drink water first," "Read one page," etc.).



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Week 1	My Daily Intention	Today's Mood 😊😐😌😡🌟	Tiny Win of the Day	Tomorrow's Micro-Habit
Day 1		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 2		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 3		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 4		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 5		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 6		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 7		☐😊☐😐☐😌☐ ☐😡☐🌟		

Week 2	My Daily Intention	Today's Mood 😊😐😌😡🌟	Tiny Win of the Day	Tomorrow's Micro-Habit
Day 1		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 2		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 3		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 4		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 5		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 6		☐😊☐😐☐😌☐ ☐😡☐🌟		
Day 7		☐😊☐😐☐😌☐ ☐😡☐🌟		

Week 3	My Daily Intention	Today's Mood 😊😐😌😡🥳	Tiny Win of the Day	Tomorrow's Micro-Habit
Day 1		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 2		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 3		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 4		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 5		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 6		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 7		☐😊☐😐☐😌☐ ☐😡☐🥳		

Week 4	My Daily Intention	Today's Mood 😊😐😌😡🥳	Tiny Win of the Day	Tomorrow's Micro-Habit
Day 1		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 2		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 3		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 4		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 5		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 6		☐😊☐😐☐😌☐ ☐😡☐🥳		
Day 7		☐😊☐😐☐😌☐ ☐😡☐🥳		

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