

FOR REAL ESTATE AGENTS

Habit Stacking.

Find your anchor.

You don't build a new habit from scratch. You attach it to something you already do **every single day** without thinking.

PICK THE ANCHOR THAT FITS YOUR DAY



ANCHOR 01

Morning coffee, before the house wakes up.

Ten minutes, phone in hand, before anyone needs anything from you.



ANCHOR 02

In your car, before you walk into the office.

You are already there. The door can wait ten minutes.



ANCHOR 03

Waiting for your first appointment.

Dead time turned into relationship deposits. Best trade of the week.



ANCHOR 04

Winding down after your last showing.

The day is already done. Close it out by building tomorrow's pipeline.

THE FORMULA

After **[your anchor habit]**, I will open *Clara* and complete my touches every day.

Clara already knows who to reach out to and what to say. My job is to review and click send.