



# How to maintain a 15-minutes-a-day habit

A mini e-book / checklist for daily learning with SuperMemo

Goal: 15 minutes of learning a day (new items + reviews) – no pressure, just consistency.

Guiding principle: It's not about perfection – it's about coming back to your commitment.

## 1) Set a fixed time + a Plan B (1 minute)

- morning (after coffee / breakfast)
- on the go (commute / walk)
- during a break (lunch / between meetings)
- evening (after dinner / before a show)

My time: \_\_\_\_\_

Plan B (when the day falls apart): \_\_\_\_\_

## 2) Set up a “micro-start” (30 seconds)

- SuperMemo icon on your home screen
- a reminder set for the same time every day
- headphones / phone always kept in the same place
- a ready first step: “I open the app and do 3 cards

## 3) The minimum rule - 2 minutes saves the habit

On a tough day, don't fight for the whole plan – protect your consistency.

- if I can't manage 15 minutes, I do a minimum of 2 minutes (or 5 cards)
- the minimum still counts as a “learning day”

My emergency minimum goal: \_\_\_\_\_

## 4) 3 options for a busy day (choose 1)

- break mode: 15 minutes split into two parts (e.g., 8 + 7)
- waiting mode: I study while I'm waiting (shop, bus, doctor's office)
- evening mode: instead of scrolling – 15 minutes of SuperMemo

## 5) Reduce friction - remove obstacles

- I drop the pressure: I don't have to “do a lot” – just “do it today”
- I limit distractions: Do Not Disturb for 15 minutes
- to start, I stick to one course / one language





## 6) End the session with a small reward (10 seconds)

after studying, I do something nice (coffee, music, 10 minutes of a show)

I mark the day in my calendar / notes ("done")

My reward: \_\_\_\_\_

## 7) "If... then..." plan (for tricky situations)

Fill in these three sentences - it makes it easier to act when the day is tough.

If I don't have time in the morning, then \_\_\_\_\_

If I'm tired, then \_\_\_\_\_

If I miss a day, then the next day \_\_\_\_\_

## 8) A break ≠ failure

If you miss a learning day, come back without beating yourself up.

I don't "make up for it" with 60 minutes as a punishment - I return to 15 minutes

what matters is coming back, not a perfect streak

## Mini-tracker - 7 days (check off)

D1 <input type="checkbox"/>	D2 <input type="checkbox"/>	D3 <input type="checkbox"/>	D4 <input type="checkbox"/>	D5 <input type="checkbox"/>	D6 <input type="checkbox"/>	D7 <input type="checkbox"/>
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My weekly score: \_\_\_ / 7

What worked best: \_\_\_\_\_

What I'll improve next week: \_\_\_\_\_