

The October Oil Habit

Your Challenge: *Cuticle oil every day. Tick it off. That's it!*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 day to go...	2 days to go...	1 day to go... Take a photo of your nails today.	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Congratulations! Take your after photo

Lets make it a habit!

Building a new habit is much easier when we make it simple, repeat it regularly , and have a little accountability. So let's do it together!

Every evening throughout October, I'll be going LIVE on Instagram (@amysuchowij) at around 9pm for our little oil-time catch-up. Grab your cuticle oil, pop on for a few minutes, and tick off another day.

We're using a few simple habit-building tricks along the way. The same cue, at roughly the same time, repeated over and over, and because we are doing it together, you've also got a little bit of accountability (and me popping up to remind you)!

Miss a day? Don't give up!

One missed tick doesn't undo all the ones before it. Just pick up your oil and join us again tomorrow.

Hopefully by the end of October, you'll automatically be reaching for your cuticle oil!

31 days. 1 tiny habit. Let's see what happens.