

# Your Personalized Placement Guide

Exactly where to place your rock for maximum impact.

*Eight goal categories. Every room in your home.*

*Plus: an exclusive discount just for quiz-takers.*

**MOTIVATION ROCKS**

realmotivationrocks.com

## INTRODUCTION

# Why Placement Is Everything

---

*You're not lazy. Your environment is working against you.*

Most habit tools try to change your behavior through willpower — apps that send notifications, calendars that track streaks, journals that pile up. They all require you to remember to use them.

A rock doesn't ask for that. It sits exactly where your temptation lives and creates a moment of pause — every single time. That pause is small. But that pause is where habits actually change.

This guide will show you the most effective placements for every major goal category. Use it to place your first rock — and to think about where additional rocks could help most.

---

## How to use this guide

- 1. Find your category.** Each section covers one goal area with specific rock recommendations and placement strategies tailored to where the temptation actually happens.
- 2. Pick your placement first, then your message.** The right location matters as much as the right words. When the spot is obvious, the rock has maximum power.
- 3. Use the Room-by-Room guide.** At the back of this guide, you'll find a room-by-room breakdown — perfect if you're building a 3-Pack or 5-Pack and want to cover multiple areas.

## Health & Fitness

Getting your body moving starts with a visual trigger

The hardest part of any fitness goal is just starting. Your rock creates a physical cue that interrupts the "skip it" reflex before it wins. Place it where you can't look away from it.

**W**

### "Working Out!"

**Place it: By Your Shoes / Gym Bag**

Every time you walk past your shoes, this rock stares at you. The debate in your head ends faster when there's a physical nudge

**R**

### "Running"

**Place it: Next to Your Running Shoes**

Place it right on top of your shoes. You literally have to pick it up to grab them. One touch, one thought — and you're lacing up.

**S**

### "Stretching"

**Place it: Next to Your Yoga Mat / Floor Space**

Set it right beside where you stretch. Five minutes of mobility changes your whole day. The rock makes sure it happens.

**H**

### "Hydrating"

**Place it: By Your Water Bottle / On Your Desk**

Dehydration causes headaches and brain fog you mistake for stress. A rock next to your water bottle is the simplest fix in

### PLACEMENT PRO TIPS

**Morning wins:** Place your fitness rock somewhere you see it during the first 10 minutes of your day. Morning decisions compound.

**The front door trick:** If you work out outside the home, the front door is the single most powerful placement spot. You must walk past it.

**Use friction for good:** Put the rock directly ON the thing you need — on your shoes, on your mat, on your water bottle.

## Diet & Nutrition

Stop the automatic reach before it happens

Food decisions happen fast, impulsively, and often without any real thought. A rock at the point of decision — pantry, fridge, counter — creates the 3-second pause that changes the outcome.

**N**

### "Not Snacking"

**Place it: In Your Pantry / On the Pantry Door**

Put this rock exactly where you reach when boredom hits. It doesn't shame you — it just makes the choice conscious instead of

**E**

### "Eating Clean"

**Place it: On the Fridge / Inside the Fridge Door**

The fridge is where 80% of diet decisions happen. This rock is the last thing you see before you choose. Not a lecture — just two

**P**

### "Portion Control"

**Place it: On the Kitchen Counter Where You Plate**

Right next to where you serve yourself. One glance before you go for seconds. That's the whole strategy — and it works.

**M**

### "Meal Prepping"

**Place it: On the Kitchen Counter / Near Prep Area**

This one's about Sunday wins that make the whole week easier. See it before you decide to skip prep. Future you will care.

### PLACEMENT PRO TIPS

**Layer your defenses:** Put one rock on the pantry, one on the fridge. Different spots, same reminder — doubles your chances at the decision point.

**Desk snacking:** If you eat at your computer, the desk is a prime spot. Place it right by your keyboard.

**The midnight rule:** If late-night eating is the issue, put a rock on the kitchen light switch. You literally turn the light on past it.

## Sobriety & Moderation

A quiet anchor where the urge is loudest

The most powerful placement for sobriety is at the exact source of temptation. Not hidden away — right there where the urge lives. Your rock doesn't judge. It just holds the line with you.

**S**

### "Sobriety"

**Place it: Near the Liquor Cabinet / Wine Rack**

Place this rock directly in front of where you'd normally reach. It's a physical, undismissable reminder of what you're working toward.

**D**

### "Dry January"

**Place it: By the Bar Cart / On the Fridge**

Whether it's January or any reset month — this rock next to the drinks turns a vague intention into a visible commitment. Every

**M**

### "Moderation"

**Place it: By the Bar Cart / Coffee Table**

Not about quitting — about balance. Place it near your bar cart or where you wind down. It's a reminder you can enjoy things without

### PLACEMENT PRO TIPS

**Right at the source:** Don't place the rock in a drawer or off to the side. Place it directly in front of the bottles. That's where the work happens.

**The couch moment:** Many urges hit during downtime. A rock on the coffee table catches that idle moment before it becomes a decision.

**Multiple points:** If the urge hits in more than one spot (fridge AND liquor cabinet), use both placements. The 3-Pack was made for this.

## Focus & Productivity

Lock in before the distractions win

Your phone and your browser are engineered by the world's best behavioral scientists to steal your attention. A rock on your desk isn't competing with that — it's simply there, in your field of vision, reminding you what you actually meant to do.

**N**

### "No Phone"

**Place it: By Your Phone Charger / On Your Desk**

This rock next to the charger is a two-word contract with yourself. Pick up the rock instead of the phone — even once — and

**S**

### "Staying Focused"

**Place it: On Your Desk / In Your Line of Sight**

Front and center on your desk. When the urge to open a tab or check your inbox hits, the rock catches your eye first. Simplest

**D**

### "Deep Work"

**Place it: Front and Center on Your Desk**

This is the physical boundary between shallow busywork and real, meaningful work. When the rock is in sight, notifications can

**S**

### "Ship It"

**Place it: On Your Desk — Right Next to Your Keyboard**

For the perfectionists and overthinkers. Shipping something good beats endlessly polishing something no one ever sees. This

### PLACEMENT PRO TIPS

**Phone-free zones:** Place the rock right where your phone usually lives — nightstand, kitchen counter, desk corner. Make the rock occupy the phone's spot.

**Line of sight:** Your desk rock should be in your natural sightline when looking at your screen. Not behind the monitor. Right in front.

**Work from home:** If you have a home office, place the rock at the entrance — so you cross a threshold into "focus mode" each time you enter.

## Money & Saving

Slow the impulsive spend with a visual speed bump

Impulse spending happens in seconds. A rock placed at the moment of decision — by your wallet, near your laptop, on your nightstand — is the 5-second pause between the urge and the action.

### "Saving Money"



**Place it: By Your Wallet / Purse**

The single best money placement. Every time you grab your wallet, you see the rock first. Spending becomes a choice, not a

### "No Impulse Buys"



**Place it: By Your Laptop / On Your Desk**

Online shopping happens on the couch, in bed, at the desk. This rock next to your laptop is the 24-hour rule in physical form.

### "Budgeting"



**Place it: On Your Desk / Where You Manage Finances**

A weekly budget check-in is the single most powerful financial habit. This rock reminds you to sit down and do the math. Not guilt —

### PLACEMENT PRO TIPS

**The wallet rule:** Place the rock literally under or next to your wallet. You grab your wallet before every spend — that's the perfect checkpoint.

**Nightstand defense:** Late-night online shopping is a real thing. A rock on your nightstand catches the 11pm scroll-and-buy moment.

**Visible savings goal:** Write your savings goal on a sticky note and put it under the rock. The number makes it real.

## Relationships & Patience

Be here — fully — for the people who matter most

The people you love don't need more of your time as much as they need more of your presence. A rock in the shared spaces of your home is a quiet commitment to showing up fully when it counts.

### "Patience"



**Place it: Kitchen Table / Wherever Tension Rises**

Place this rock where patience gets tested most — the kitchen table at dinnertime, your nightstand, your desk. A breath before you

### "Be Present"



**Place it: On the Kitchen / Dining Table**

Put it right on the table where your family gathers. Phones down. Eyes up. Be here. The best gift you can give the people around

### "Listen More"



**Place it: Kitchen Counter / Wherever You Talk**

This rock works wherever conversations happen. A two-word reminder that the person in front of you probably just wants to be

### PLACEMENT PRO TIPS

**Family dinner:** The dinner table is one of the highest-ROI placement spots for relationship rocks. Make it a household cue everyone sees.

**Bedroom placement:** For couples, a rock on the nightstand is a nightly reminder of how you want to show up for each other.

**Before the commute:** By the front door works for patience rocks too — set the tone before you walk out into the world's chaos.

## Mindset & Mental Health

Shift the narrative before the day has a chance to

Your brain defaults to what it's trained to notice. A rock with the right word in the right spot at the right time doesn't fix everything — but it changes what you see first. And what you see first, shapes everything after.

### "Gratitude"



**Place it: Your Nightstand — First and Last Thing**

One word that reframes your entire day. Pick up the rock when you wake up. Hold it for ten seconds. Put it down. That's the whole habit.

### "Positive Thinking"



**Place it: Your Bathroom Mirror**

The bathroom mirror is where your inner critic starts every morning. This rock gets there first. Before the negative self-talk

### "Confidence"



**Place it: By Your Mirror / Next to Your Keys**

Where you get ready is where confidence gets built — or eroded. This rock is a reminder that you've handled hard things

### "Letting Go"



**Place it: Your Nightstand / On Your Desk**

For the things you can't control. The grudges that weigh you down. The worries that don't serve you. Two words that give you

### PLACEMENT PRO TIPS

**Bathroom mirror:** One of the most powerful placements in the whole guide. You see it every morning while you're closest to your unfiltered self.

**The nightstand stack:** Nightstand rocks work double — last thought before sleep, first thought on waking. Two hits for one placement.

**Front door mindset:** Before facing the world every morning, a rock by the front door is a 2-second ritual that costs nothing and compounds daily.

## Habits & Discipline

Build the days that build the life

Habits aren't built by willpower — they're built by environment. A rock in the right place at the right moment turns the decision from a daily debate into a reflex. That's the whole game.

### "Discipline"

D

**Place it: By Your Alarm Clock — Right Where You**

You don't need to feel like doing it. You just need to do it. This rock is your alarm's partner. One word. Every morning. No

### "Early Mornings"

E

**Place it: By Your Alarm / On Your Nightstand**

When the snooze button is winning, this rock stares back. Early mornings aren't about suffering — they're about giving yourself a

### "Reading More"

R

**Place it: Your Nightstand — Right Next to Your**

Put it between your phone and the book you keep meaning to read. Even ten pages before bed changes how you sleep and how

### "Making the Bed"

M

**Place it: On Your Pillow — Where You Can't Miss It**

You literally can't make the bed without moving this rock. The smallest habit with the biggest ripple effect. Tells your brain you're

### "Journaling"

J

**Place it: Next to Your Journal (or Where It Should Be)**

Five minutes of writing at the end of the day processes more than an hour of lying awake thinking. The rock makes sure those five

### PLACEMENT PRO TIPS

**Alarm clock power:** The alarm clock is the single most powerful placement for discipline rocks. It intercepts the very first decision of the day.

**Stack your habits:** Place multiple rocks close together to build a morning routine stack: bed → alarm → journal → desk. Each one triggers the next.

**Environment before willpower:** Stop trying to out-willpower a bad environment. One rock in the right spot does more than 10 days of forcing it.

## ROOM-BY-ROOM QUICK REFERENCE

# Which Rock Goes Where

Use this as a cheat sheet when deciding where to place each rock in your home. The best placements feel obvious — trust your gut about which spot you walk past most, or where the temptation hits hardest.

## Bedroom / Nightstand

- Gratitude — starts and ends your day with the right frame
- Discipline / Early Mornings — wins the battle with the snooze button
- Positive Thinking — sets the morning narrative
- Reading More — trades the phone for the book
- Journaling — processes the day before you sleep
- Letting Go — releases the weight before you rest
- Patience — for how you greet the next morning

## Kitchen / Pantry / Fridge

- Not Snacking — right in the pantry where the reach happens
- Eating Clean — on the fridge before you open it
- Portion Control — on the counter where you plate your food
- Meal Prepping — reminds you to prep before you default to takeout
- Be Present — on the dinner table for family time
- Sobriety / Moderation — on the fridge for after-work urges

## Desk / Home Office

- Staying Focused — in your direct line of sight
- Deep Work — signals the start of meaningful work time
- Ship It — for the perfectionist who never hits publish
- No Phone — right next to where your phone usually sits
- Budgeting — where you manage your finances
- Discipline — anchor for your most productive hours
- Listen More — for those who work with people all day

## Living Room / Coffee Table

- Moderation — catches the idle evening drinking moment
- No Phone — where the couch scroll usually begins
- Be Present — reminder when the family is in the same room
- Patience — for high-traffic family moments

## Bathroom / Mirror

- Positive Thinking — the best mirror placement you can make
- Confidence — where you get ready every morning
- Gratitude — start the day with the right lens

## Front Door / Entryway

- Working Out! — you walk past it before every workout
- Running — on top of your running shoes
- Discipline — before you face the world
- Patience — set the tone before your commute
- Saving Money — next to your wallet/keys before you leave

**Liquor Cabinet / Bar Cart**

- Sobriety — directly in front of where you'd reach
- Moderation — for the "just one more" moments
- Dry January — visible commitment during any reset period

BUILDING YOUR COLLECTION

# One Rock Is Great. Three Changes Everything.

| <b>Single Rock</b><br><b>\$14.99</b>  | <b>3-Pack Starter Kit</b><br><b>\$39.99</b>  | <b>5-Pack Full House</b><br><b>\$59.99</b>   |
|---|--|--|
| <ul style="list-style-type: none"> <li>• One focused goal</li> <li>• 1 rock, 1 placement</li> <li>• Perfect for your #1 habit</li> <li>• 30-day guarantee</li> <li>• Free shipping</li> </ul> | <ul style="list-style-type: none"> <li>• Three goals at once</li> <li>• Cover kitchen, desk, nightstand</li> <li>• Most popular choice</li> <li>• Canvas carrying bag included</li> <li>• 30-day guarantee</li> <li>• Free shipping</li> </ul> | <ul style="list-style-type: none"> <li>• Full-home placement strategy</li> <li>• A rock in every room that matters</li> <li>• Best value per rock</li> <li>• For the complete overhaul</li> <li>• 30-day guarantee</li> <li>• Free shipping</li> </ul> |
| <p style="text-align: center;"><b>Get Started</b></p>   | <p style="text-align: center;"><b>Most Popular</b></p>   | <p style="text-align: center;"><b>Best Value</b></p>   |

Visit [realmotivationrocks.com](http://realmotivationrocks.com) to browse the full catalog and build your perfect set.

EXCLUSIVE OFFER

## A Thank You for Taking the Quiz

---

You took the time to figure out what's really holding you back. That's already more than most people do. Here's 20% off your first order as a thank you — because the right tool in the right place should be as easy as possible to get.

**MOTIVATION ROCKS**  
**20% OFF your first order**

**QUIZ20**

USE THIS CODE AT CHECKOUT

Valid on any single rock, 3-Pack, 5-Pack, or subscription. One-time use. No expiration.

*Place a rock. Change a habit. That's it.*

### How to redeem

1. Visit [realmotivationrocks.com](https://realmotivationrocks.com) and add your rock(s) to cart.
2. At checkout, enter the code **QUIZ20** in the discount field.
3. Your 20% discount is applied automatically. That's it.

Questions? Reach us at [hello@realmotivationrocks.com](mailto:hello@realmotivationrocks.com) | [realmotivationrocks.com](https://realmotivationrocks.com)  
[realmotivationrocks.com](https://realmotivationrocks.com)