

Habit Formation Worksheet

Positive daily habits serve as the foundations for goal achievement. It's only by taking consistent daily action towards our goals that they become a reality.

This worksheet is designed to help you actively create and refine a set of positive daily habits that you can stick to. We've broken the process down into 3 steps including:

- Identifying your current habits
- Breaking negative bad habits
- Creating positive new habits

STEP 1: Identify your current habits

The aim here is to list all the things that you're doing habitually each day, both positive and negative. Consider unhealthy activities like watching TV, checking social media, eating junk food and positive activities like exercising, meditating, etc.

ACTIVITY

Give 10 examples of each in the spaces below

POSITIVE	NEGATIVE
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

STEP 2: Break negative habits

According to Charles Duhigg, a habit is basically the product of a little cycle that we go through many times every day. That cycle looks like this:

Trigger → Routine → Reward

For most habits, the reward is a short-term positive feeling or outcome. In order to break bad habits we need to have a plan to avoid the triggers and rewrite the story in our minds about the rewards.

ACTIVITY:

1. Write out the trigger and reward for or three of the most important negative habits you listed above.
2. For each trigger write down three ideas for how you could it.
3. For each reward, write out the alternative (long term) benefit of not that that action.
4. Now write out a sentence you'll use when the trigger comes along to tell yourself a different story.

TRIGGER FOR HABIT #1

Example: Feeling hungry and not having anything else to eat

HABIT/ROUTINE #1

Example: Eating junk food

REWARD

Example: Feeling satisfied and enjoying the taste of what I'm eating

HOW I COULD AVOID THE TRIGGER

*Example: (1) Prepare healthy snacks for work, when you get home and after supper
(2) Find shops to buy healthy snacks around me
(3) Keep protein bars, or granola snacks in my desk at work or in my car, or in a cupboard at home*

BENEFIT

Example: I'll lose weight, feel better and look better

NEW STORY

Example: Nothing tastes as good as skinny feels

TRIGGER FOR HABIT #2

HABIT/ROUTINE #2

REWARD

HOW I COULD AVOID THE TRIGGER

BENEFIT

NEW STORY

TRIGGER FOR HABIT #3

HABIT/ROUTINE #3

REWARD

HOW I COULD AVOID THE TRIGGER

BENEFIT

NEW STORY

STEP 3: Create positive new habits

Creating new habits to replace your old ones often makes the growth process a whole lot easier. It takes on average 66 days to create new habits. After that point, you barely have to think about it to keep up the momentum towards your goals.

But creating new habits can be hard, that's why it's a good idea to create additional rewards for sticking to your good habits. For example, if you're able to go a week without eating junk food, you can reward yourself with something you really want like a new gadget or book, or album.

If you're struggling to come up with new habits, here are a few examples based on the habits of successful entrepreneurs in this [Huffington Post article](#):

- Create and review your goals daily, weekly, monthly
- Write in a gratitude journal daily
- Write down 3 things you did well during the day
- Do one thing that scares you every day
- Take time out every day to read
- Exercise

ACTIVITY

1. List three positive activities you're doing every now and then that you want to turn into habits.
2. List three completely new habits you'd like to create.
3. Write down the long-term benefits of doing each activity daily.
4. Write down the negative long-term effects of not doing each daily activity.
5. Create a daily plan of action that helps you avoid or work around the most harmful negative habit triggers.
6. Write down at least three short-term progress rewards that you'll give yourself for sticking with your new habits. Make sure these are exciting enough to motivate you. Pick the most exciting one and write it down somewhere you'll see it during the day.

POSITIVE ACTIVITY #1

NEW HABIT #1

BENEFITS

NEGATIVE EFFECTS OF NOT DOING ACTIVITY #1 DAILY

DAILY PLAN

PROGRESS REWARDS

POSITIVE ACTIVITY #2

NEW HABIT #2

BENEFITS

NEGATIVE EFFECTS OF NOT DOING ACTIVITY #1 DAILY

DAILY PLAN

PROGRESS REWARDS

POSITIVE ACTIVITY #3

NEW HABIT #3

BENEFITS

NEGATIVE EFFECTS OF NOT DOING ACTIVITY #1 DAILY

DAILY PLAN

PROGRESS REWARDS