

Habit Formation Exercise

"Every action you take is a vote for the type of person you wish to become." James Clear

Step 1. Identify Potential Habits You Could Develop

Identify habits that you could create in your life in each of the following categories.

GOOD HABITS:

- What are 3 habits that help you show up as the best version of yourself?
- Is there a way to improve or be more consistent with one of these habits?

REDESINGING UNDESIRABLE HABITS:

- What are the top 3 things that are holding you back from your best, authentic self?
- Identify 2-3 behaviours or patterns you would like to change (e.g. impatience, eating junk food, overcome procrastination, etc.). No judgement, simply identify possibilities.

KEYSTONE HABIT:

- Identify 2-3 new habits that could have the largest positive impact on your life.
- Think back to the complete life assessment. What area of your life do you really want to make a change?

VALUES-BASED HABIT:

- Pick one of your core values you'd like to further develop in your life.
- Identify 2-3 possible habits or ways that you could integrate this value into your life.

Step 2. Decide what habit you want to create

Select one habit to start with from Step 1 _____

What is the cost/impact of doing nothing? _____

What is the benefit of implementing this habit? _____

Step 3. Identify the Cues

The cue, a [trigger or reminder](#) that initiates the habitual behaviour.

Cues can vary widely, and can fall into one of following categories:

- *Location (e.g. when I am in the kitchen)*
- *Time (e.g. every day at 8am)*
- *Current emotional state (e.g. when I feel sad)*
- *People around you (e.g. when I am speaking with...)*
- *Your last action (e.g. when I finish my lunch)*

Create 3 or more cues to remind you to take action.

1)

2)

3)

Step 4. Identify the routine

The routine, the behavior that leads to the reward.

The routine can be physical (e.g. do 10 push ups), cognitive (e.g. positive affirmation) or emotional (“I always feel happy when I think of...”).

Start small and be specific. Instead of “I will eat healthier”, try “I will eat one more serving of vegetables each day”.

What is the routine of this habit?

Step 5. Identify the reward

The **reward** can also be physical (sugar!), cognitive (“that’s really interesting”), or emotional (“I always feel relaxed when I read a book.”). The reward determines if a particular habit loop is worth remembering.

What is the reward(s) for this habit?

Step 6. Situational Control: Change your setting to support your desired change

Your environment shapes your thoughts, behaviors, habits, and actions. Change your setting and you will make it easier to break bad habits and install new ones. Remember, your environment trumps willpower.

Building Good Habits	Breaking Bad Habits
1. Make it obvious	1. Make it invisible
2. Make it attractive	2. Make it unattractive
3. Make it easy	3. Make it hard
4. Make it satisfying	4. Make it unsatisfying

For example,

- *Want to work out more often? Keep a set of dumbbells next to your desk.*
- *Want to focus on a writing project? Shut off all notifications on your computer and put your cell phone on airplane mode.*
- *Want to run in the morning? Put your clothes and running shoes by your bedside in the evening.*

Are there changes you could make to set up your environment to make change easier?

Step 7. Track Your Progress

How will you monitor your progress with this habit?

For example,

- *I will use the Daily Action Planner to track my progress each day.*
- *I will find an accountability partner to share my updates on a weekly basis.*