



HABIT WORKSHEET

BUILD GOOD HABITS



Use this worksheet in conjunction with the handout slides as you are going through the 'Build Good Habits' webinar. This sheet enables you to capture the elements through the session which will help you build the habit you want to build.

Write down a habit you want to start, change or tweak.

What is the over-arching goal your habit contributes towards?

"What needs to happen to make that happen?"

THE REWARDS

What needs to happen to make the rewards motivational?

What needs to happen to make the rewards enjoyable?

THE ROUTINE

What needs to happen for the behaviour to happen?

What needs to happen in relation to the repetition rate?

THE CUE

What needs to happen to anchor the habit into an existing behaviour/habit?

What are the barriers that could get in the way of the habit happening? How will you plan to overcome these barriers?