Building a new habit

Make it small, attach it to something, and make it easy.

Name _____ Date _____

Habits stick when they are small, specific and tied to something you already do. Motivation comes and goes. A good set-up keeps the habit going on the days when you have none.

The habit I want to build, and why it matters to me

Make it tiny

The two-minute version (so small I could do it on my worst day)

Attach it to something I already do every day

After I...	I will... (the tiny version)

Make it easy and satisfying

What I will set up in advance (for example: lay out my clothes the night before)

What usually gets in the way, and my plan for it. "If..., then I will..."

How I will mark it when I have done it (a tick, telling someone)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							

Missing once is normal. Try not to miss twice in a row.

Starting tiny and attaching a habit to an existing routine comes from the work of BJ Fogg. If-then plans come from Peter Gollwitzer.

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Habit tracker

Tick each day you do your habits, for four weeks.

Name _____ Date _____

Write your habits in the left column and tick each day you do them. Keep the list short.

Week 1

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 2

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 3

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 4

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

What helped on the days I did it? What got in the way on the days I did not?

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