

# **HABIT CHANGE WORKBOOK**

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**if DIETS  
DON'T WORK,  
WHAT DOES?**

Dear Reader,

When you're ready, use this Habit Change Workbook to get crystal clear on the habits you have, the habits you want, and the steps to take to create them. Leveraging the power of habit is one of the secrets to creating a sustainable healthy lifestyle change. Focusing on your habits will make this health journey worth every effort. The more habits you create, the more you are setting yourself for a doable, enjoyable life from here on out.

I hope you will use and reuse as many of these pages as you need to assess, design, and practice as many of the new habits you need in your health journey. Remember to circle back to the principles taught in Chapter 6 as often as you need to continually work smarter, not harder in creating healthy habits. Above all, remember to set yourself up for success by working smarter, not harder. Find your flow. Address social and environmental influence and support. Do NOT fall for the myth that you have to white knuckle your way through to create new habits. Make this process as doable and enjoyable as humanly possible and you will be successful.

Take care,

- Danielle



## PERSONAL HABIT INVENTORY

**What habits do you have that are supporting your health?**

**What habits do you have that are undermining your health?**

## PERSONAL HABIT WISH LIST

If you had all the time, energy, wisdom, grit, and opportunity, what habits do you wish you could have that would support your health more? (Stay objective about this - no judgement. Just imagine anything is possible...) List at least 5 new wishlist habits.

Consider all aspects of your life, what habits would you like to have?

- Physical:

- Financial:

- Intellectual:

- Emotional:

- Social:

- Spiritual:

Consider all aspects of health & wellness, what habits would you like to have?

- Sleep:

- Nutrition:

- Exercise:

- Self-Care:

- Mindset:

# HABIT LOOP OBSERVATIONS

*Print out as many copies of this page as you need. Use one page for each habit you want to observe.*

**STEP 1:** The Habit I Am Noticing (BEHAVIOR) that is not supporting my health & wellness:

**STEP 2:** Possible Cues (TRIGGER)

- Time:

- Place:

- People:

- Emotion:

- Event:

**STEP 3:** Possible Reasons - What I'm craving (PAYOFF)

- Physical:

- Emotional:

- Social:

- Mental:

## PLANNING A NEW HABIT

The simplest, easiest way to design your new habit is to create an if-then statement that includes the TRIGGER, BEHAVIOR, and PAYOFF you learned about.

**WHEN:**

(TRIGGER: time/place/people/emotion/event)

**I WILL:**

(BEHAVIOR: the behavior you want to have as your new habit - thought/feeling/action)

**SO I CAN:**

(PAYOFF: the result you actually want  
physical/emotional/social/mental)

## PRACTICING A NEW HABIT

Once you've determined what habit you'd like to create and how you will do it, it's time to simply put in the reps. Repetition is your friend! The more you consistently DO and ENJOY this new routine, the more your brain will recognize it as desirable and useful so it will begin programming it as a habit.

Record successful repetitions of your new habit below. You can circle, highlight, check off, or whatever would be fun or useful to you below for the next 6 weeks.

Write out your new habit again:

**WHEN:**

(TRIGGER: time/place/people/emotion/event)

**I WILL:**

(BEHAVIOR: the behavior you want to have as your new habit - thought/feeling/action)

**SO I  
CAN:**

(PAYOFF: the result you actually want physical/emotional/social/mental)

### WEEK 1

MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

### WEEK 2

MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

### WEEK 3

MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

### WEEK 4

MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

### WEEK 5

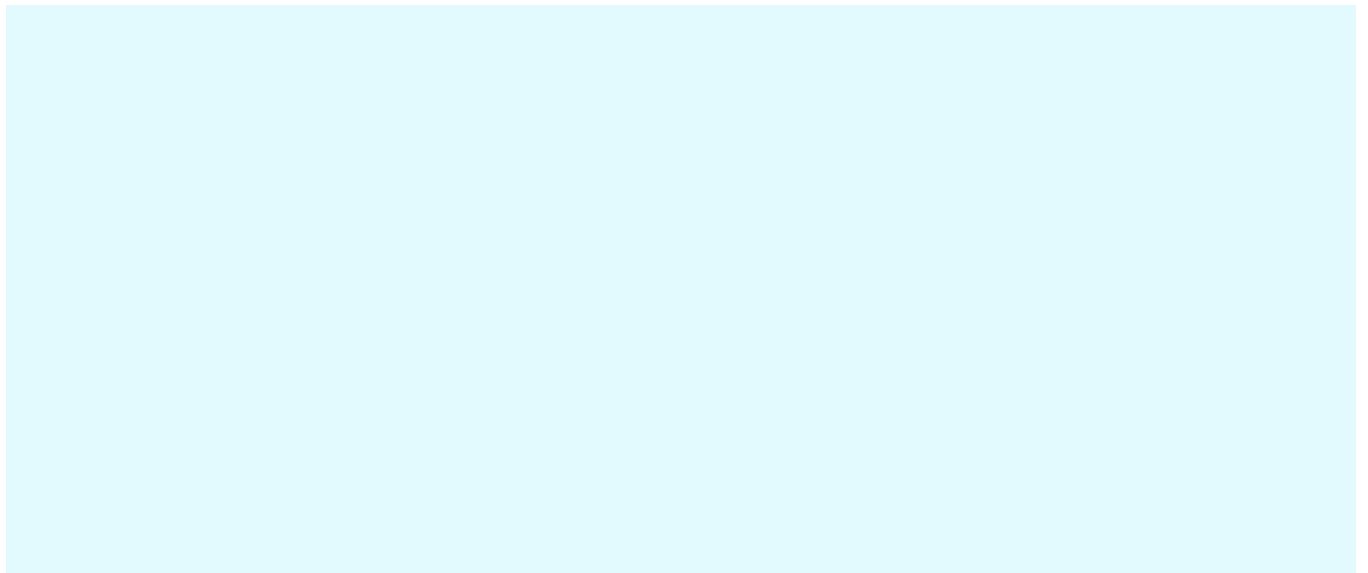
MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

### WEEK 6

MON:  
TUE:  
WED:  
THU:  
FRI:  
SAT:  
SUN:

## BACK TO THE DRAWING BOARD

If you are unable to be consistent in “putting in the reps” with your new habit, consider ways to make it easier on yourself. Consider ways to make it more fun and enjoyable. If you’re not doing the thing, there’s a reason, and it’s more than just your willpower. (See CH 6: Flow, Support, etc). It is crucial to work smarter, not harder, when creating new habits. How can you use what you learn in Chapter 6 to set yourself up for success?



*If you are struggling with this, you may benefit from having help. Remember if you finish reading the book and email me your Journal Prompts Workbook, you have a free 45 min VIP Coaching Session waiting for you. Alternatively, if you know you need help and want to learn more about my coaching programs right away, you can go to [danielledinkelman.com](http://danielledinkelman.com)*