

# HABIT FORMING

## CHEAT-SHEET DIRECTIONS



Choose 1 habit at a time for the designated time period to focus on.



Start small.



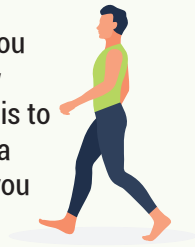
Commit to 42 days of putting effort forth to build this habit.



Fill one of these sheets out for each habit you are looking to build/change.

### WHAT ARE TRIGGERS?

A behavior you already do habitually that you can connect your habit to. Maybe your new habit is to walk 10 minutes a day, attach this to brushing your teeth. Meaning, you make it a habit to walk 10 minutes everyday before you brush your teeth.



### WHAT ARE REWARDS?

Though the habit in itself is a reward, every time you complete it do something that will give you short-term satisfaction. Maybe you play a song, watch a funny video, or say something to yourself out loud.



# HABIT FORMING

REDESIGN YOUR HABITS, REBUILD YOUR LIFE

HABIT: \_\_\_\_\_

TIME: \_\_\_\_\_

DAYS COMPLETED (CHECK OFF AS YOU GO)

01

02

03

04

05

06

07

08

09

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12

13

14

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## TRIGGERS

(WHEN THIS HAPPENS, I WILL COMPLETE MY HABIT)

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## REWARDS

(EVERY TIME I COMPLETE THIS HABIT I WILL DO THIS)

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## WHAT'S MY WHY? WHAT WILL IT COST ME IF I DON'T FORM THIS HABIT?

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### #WINS

(EVERYTIME YOU DO SOMETHING TO REINFORCE  
YOUR HABIT WRITE IT DOWN)

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### WHEN YOU DON'T FEEL LIKE IT....

(TRIGGER EMOTION THROUGH THESE REINFORCERS!)

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