

***CREATE A
NEW HABIT
IN 5 SIMPLE STEPS***

**WOLLSTONECRAFT
COACHING**

STEP 1: GET CLEAR



What is the new habit you want to create?

- _____

Your reasons need to be better than your excuses. You need to understand why this is important to you. List 3 reasons creating this new habit is important to you.

- 1. _____
- 2. _____
- 3. _____

STEP 2: CREATE A DRIVE

What will you gain by creating this new habit?
How will your life be different?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

STEP 3: SET THE STAGE



- Think of your new habit as a boat on land. It is important to grease the skids and set yourself up for success.
- What can you put in place to help you achieve your goal?
- Example Habit: Exercise in the morning before work 4 out of 5 days a week.
- There is no magic formula. This is unique to you. If you despise coffee, then brewing coffee at 5am will not inspire you.

Support Ideas

1. Set coffee maker to brew at 5am 
2. Hire a personal trainer to meet each morning or meet a friend at the gym
3. Set gym clothes out the night before 

Set the Stage for New Habit

1. _____
2. _____
3. _____

STEP 4: UPGRADE THINKING



Change Your Mindset

- What is the old message you have programmed in your subconscious? If you keep telling yourself the same thing than you will keep serving up the same dish.
- Example:

Old Belief: Exercising is not for me and I give up after a week.

New Belief: Exercising is healthy for my body and it gives me energy for the day.

Old Mindset: _____



New Mindset: _____

STEP 5: ACCOUNTABILITY

Habit Tracker

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

Visit Wollstonecraft Coaching
www.wollstonecraftcoaching.com

Additional Resources

[The Power of Habit](#) by Charles Duhigg

[Drive](#) by Daniel Pink

[Mindset](#) by Carol Dweck

[Make It Stick](#) by Peter C. Brown, Henry Roediger, Mark
McDaniel