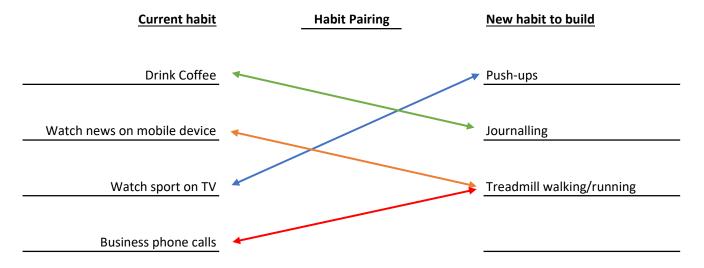
Habit pairing is a tool you can use to help you build a new habit that you want to add by matching it with an existing habit.

The example below is an extract of my own habit pairing that I developed for myself and continue to use on a daily basis.



Now, use the blank fields below to develop your own habit pairing structure and then take action to put it in place.

Current habit	Habit Pairing	<u> </u>	New habit to build
		•	
		•	
		-	
		_	
_		•	