

These two habit changing worksheets will help you understand what **triggers** specific **behaviours** you want to change. It'll also help you to work out the **reward** that your brain is subconsciously seeking.

1. Awareness. Decide what habit you want to change.

For the first few times you carry out that habit, just stop for a moment and ask yourself what **triggered** it.

Use the **Cue/Trigger** section on page 2 to understand some of the things that can trigger habits.

Next, try out some different **rewards**, to understand what your brain is looking for. This might take some experimenting! See page 2 for ideas on how to do this.

2. Statement. Once you understand these, decide what **behaviour** you'll carry out instead, and create your new habit statement.

3. Repetition. Finally put it into **practice**.

The evidence suggests that you need to keep going with a new habit for about **10 weeks** before it becomes automatic.

Don't worry if you sometimes get it wrong! Fail forward.

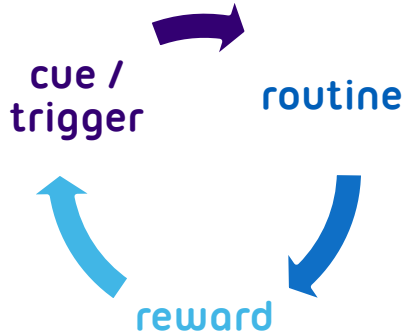
1. Awareness. What's the current habit you want to change?

Your Cue / Trigger
When you feel the urge for your habit, ask yourself...
What exactly triggered the habit?
[See page 2 for help.](#)

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Your Routine / Behaviour
Write down the specific routine, process, behaviour you want to change.

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Your Reward: What cravings, emotions or values does this habit fulfil? What do you get out of it? [See page 2 for help.](#)

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2. Statement. Create your new habit.

When (Cue/Trigger)

I will (Routine)

Because (Reward)

3. Repetition. Practice your new habit.

Put the new habit into action. Establish a new unconscious behaviour. Mark the calendar below every time you complete one repetition.

WEEK 1	1.	2.	3.	4.	5.	6.	7.
WEEK 2	8.	9.	10.	11.	12.	13.	14.
WEEK 3	15.	16.	17.	18.	19.	20.	21.
WEEK 4	22.	23.	24.	25.	26.	27.	28.

Do you want to change a habit? No → Stop reading this flowchart


Yes ↓


WRITE THE HABIT YOU WANT TO CHANGE HERE


FIGURE OUT THE THREE PARTS OF YOUR HABIT


STEP 1: THE CUE /TRIGGER


When you feel the urge for your habit, ask yourself...

 What time is it?

 Where are you?

 Who else is around?

 What did you just do?

 What emotion are you feeling?

ONE OF THESE 5 THINGS IS THE CUE

Look for the one that stays the same every time you feel the urge

STEP 2: THE REWARD

What craving do you think your habit is satisfying?

TEST THAT THEORY

Substitute another reward (e.g. instead of eating a biscuit, have a cup of coffee). Is the craving gone?

Yes → THAT'S WHAT YOU'RE REALLY CRAVING

No → Substitute a different reward (e.g. instead of eating a biscuit, take a walk). Is the craving gone?

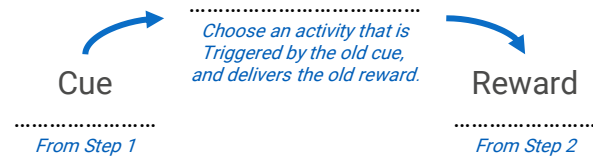
Yes → THAT'S WHAT YOU'RE REALLY CRAVING

No → Keep experimenting until you find something that satisfies the urge

STEP 3: THE ROUTINE

Now that you have identified the cue and reward, **INSERT A NEW ROUTINE**

Routine



Studies show that the easiest way to start a new habit is to write a plan

When I will

because it provides me with

Post this plan where you will see it.
Try it for a week.
Eventually, studies say, the new behaviour will become automatic