

# My New Habit Worksheet

What is my current morning routine? What happens when? What happens next?

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What is my ideal morning routine?

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What is my current lunch routine? What happens when? What happens next?

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What is my ideal lunch routine?

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What is my current after work routine? What happens when? What happens next?

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What is my ideal after work routine?

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What is my current end of day routine? What happens when? What happens next?

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What is my ideal end of day routine?

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Take a look through your ideal routines, are you adding too many items? Are these reasonable given your time restrictions? Do these really add value to your life? Do items need to be eliminated or moved to different times of the day?

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What new habit am I going to create? Just choose one.

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Why is important that I create this habit? What will I gain? What will I lose if I don't do it?

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What is one simple step I can take without fail or excuse as I begin to make this a habit?

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Where in my day will I add this new habit, aka, what is my trigger?

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How will I reward myself when I do this habit?

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What obstacles will I face in establishing this habit? Who will support me? Who won't? How will I do it without their support? What do I need and where do I need it to give myself the best chance of following through on my new habit? How might I talk myself out of my best intentions? How will I handle those thoughts? What situations might cause me problems? Where can I place reminders of my new habit?

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# My New Habit Action Plan

My new habit is....

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The small step I am taking to make this a habit is...

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I will perform this habit every...

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I will perform this habit right after...

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My reward will be...

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If I encounter (insert obstacle here), my plan is...

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To set myself up for success, I will...

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# Monthly Check In

What did I do last month that I'm proud of?

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Are my relationships with others improving or deteriorating?

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What do I need to do less of/quit/get rid of/delegate this month?

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What experiments did I try? lessons did I learn? is going well?

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What isn't working, and what do I want to change? Why?

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Habit to focus on next month...

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The small step I am taking to make this a habit is...

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I will perform this habit every...

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I will perform this habit right after...

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My reward will be...

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If I encounter (insert obstacle here), my plan is...

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To set myself up for success, I will...

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