



HABIT FORMING

CHEAT-SHEET DIRECTIONS



STEP 1

Choose a Habit

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



STEP 2

Start Small

Rather than trying to do something amazing from the beginning, start small and gradually improve.



STEP 3

Stay Committed

Commit to 28 days of putting effort forth to build this habit.



STEP 4

Fill out this Sheet

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





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	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28





HABIT FORMING

Redesign your habits, rebuild your life.



TRIGGERS



(When this happens, I will complete my habit.)



REWARDS

(Every time I complete this habit, I will do this.)

WHAT'S MY WHY?

What will it cost me if I don't form this habit?

#WINS

(Every time you do something to reinforce your habit, write it down.)

WHEN YOU DON'T FEEL LIKE IT...

(Trigger emotion through these reinforcers.)

