HABIT TRANSFORMATION WORKSHEET

BUILD A GOOD HABIT

My new habit: _____

Make it OBVIOUS

- **Cue:** *Where/when will this happen?* ___
- **Stack:** *After I [existing habit], I will [new habit]*
- **Environment:** *How can I make it visible?* ___

Make it ATTRACTIVE

- **Pairing:** *What enjoyable activity can I combine with this?* ___
- **Motivation:** *Why does this matter to me?* ___

Make it EASY

- **Simplify:** *How can I reduce friction?* ___
- **Start small:** *2-minute version:* ___

Make it SATISFYING

- **Reward:** *Immediate positive feedback:* ___
- **Track:** *How I'll monitor progress:* ___

BREAK A BAD HABIT

Habit to break: _____

Make it INVISIBLE

- **Remove cues:** *What triggers can I eliminate?* ___
- **Distance:** *How can I create space between me and this habit?* ___

Make it UNATTRACTIVE

- **Negative aspects:** *What are the downsides?* ___
- **Visualization:** *How will stopping benefit me?* ___

Make it DIFFICULT

- **Barriers:** *What obstacles can I create?* ___
- **Commitment:** *How can I prevent future slip-ups?* ___

Make it UNSATISFYING

- **Consequence:** *What happens if I slip up?* ___
- **Replacement:** *Better habit that meets the same need:* ___