BUILD A GOOD HABIT

MAKE IT OBVIOUS

I WILL __________________________
AT ____________________________ IN __________________________
AFTER __________________________, I WILL __________________________
______________________________
______________________________
______________________________
 __________________________
______________________________
______________________________

MAKE IT ATTRACTIVE

I WILL DO __________________________
WITH ____________________________
______________________________

MAKE IT EASY

I WILL PREPARE MY ENVIRONMENT FOR __________________________
BY ____________________________
I WILL DO __________________________ FOR __________________________
______________________________
______________________________

MAKE IT SATISFYING

I WILL REWARD MYSELF FOR MY NEW HABIT BY __________________________
I WILL TRACK MY HABIT BY __________________________
______________________________
______________________________

Worksheet adapted from concepts outlined in Clear J. (2018). Atomic habits
**BREAK A BAD HABIT**

**IN THREE WEEKS, I WILL STOP** **[INSERT BAD HABIT]**

**WHAT IN MY ENVIRONMENT REMINDS ME OF MY BAD HABIT:**

- [ ] 
- [ ] 
- [ ]

**BENEFITS OF AVOIDING MY BAD HABIT INCLUDE:**

- [ ] 
- [ ] 
- [ ]

**WAYS I CAN INCREASE THE NUMBER OF STEPS BETWEEN MYSELF AND MY BAD HABIT:**

- [ ] 
- [ ] 
- [ ]

**I WILL KEEP MYSELF ACCOUNTABLE WITH/BY:**

- [ ] ACCOUNTABILITY PARTNER:
- [ ] HABIT CONTRACT
- [ ] MAKING COSTS OF BAD HABITS PUBLIC AND PAINFUL
- [ ] OTHER:

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