

# BUILD A GOOD HABIT

## MAKE IT OBVIOUS

I WILL \_\_\_\_\_  
{INSERT BEHAVIOR}

AT \_\_\_\_\_ IN \_\_\_\_\_  
{TIME OF DAY} {LOCATION}

AFTER \_\_\_\_\_, I WILL \_\_\_\_\_  
{CURRENT HABIT} {NEW HABIT}

\_\_\_\_\_  
{NEW HABIT, CONT'D.}

## MAKE IT ATTRACTIVE

I WILL DO \_\_\_\_\_  
{INSERT SOMETHING YOU ENJOY DOING}

WITH \_\_\_\_\_  
{NEW HABIT}

## MAKE IT EASY

I WILL PREPARE MY ENVIRONMENT FOR \_\_\_\_\_  
{NEW HABIT}

BY \_\_\_\_\_  
{INSERT ACTIONS}

I WILL DO \_\_\_\_\_ FOR \_\_\_\_\_ MINUTES/DAY  
{NEW HABIT}

## MAKE IT SATISFYING

I WILL REWARD MYSELF FOR MY NEW HABIT BY \_\_\_\_\_

I WILL TRACK MY HABIT BY \_\_\_\_\_

# BREAK A BAD HABIT

IN THREE WEEKS, I WILL STOP \_\_\_\_\_  
{INSERT BAD HABIT}

**MAKE IT  
INVISIBLE**

WHAT IN MY ENVIRONMENT REMINDS ME OF MY BAD HABIT:

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**MAKE IT  
ATTRACTIVE**

BENEFITS OF AVOIDING MY BAD HABIT INCLUDE:

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**MAKE IT  
DIFFICULT**

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

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**MAKE IT  
SATISFYING**

I WILL KEEP MYSELF ACCOUNTABLE WITH/BY:

- ACCOUNTABILITY PARTNER: \_\_\_\_\_
- HABIT CONTRACT
- MAKING COSTS OF BAD HABITS PUBLIC AND PAINFUL
- OTHER: \_\_\_\_\_