

MY HABITS 2018:

"We grow by mastering tasks which others consider impossible" ERNEST L. WILKINSON

HABITS I WANT TO REPLACE IN 2018

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HABITS I WANT TO IMPLEMENT IN 2018

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STEPS TO HABIT MODIFICATION

IDENTIFY THE ROUTINE

- + What is the routine that you want to begin, or want to stop? Be specific.

EXPERIMENT WITH REWARDS

- + What are you craving that is driving you to do the routine? Or what do you want to crave to help you drive the routine?
- + *Some examples could be a variety, control, significance, connection, growth, contribution.*

ISOLATE THE CUE

- + What cue do you want to trigger your routine? Or what cue is currently triggering your routine?
- + *Some common cues fall under these categories:*
 - + Location
 - + Time
 - + Emotional state
 - + Other people
 - + Immediately preceding action

HAVE A PLAN

- + When I see cue I will do routine, in order to get my reward.
- + *i.e. At 2pm I will call a friend and chat for 5 minutes*

