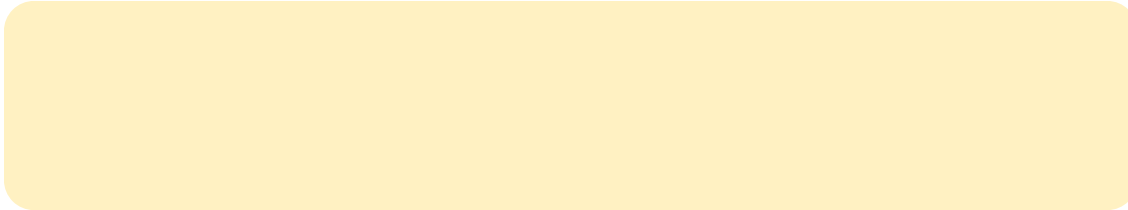


Habit Design Guide

What do you want to accomplish?

What's your long term goal?



Why do you want to accomplish this?

Ask yourself why **three** times. (Strengthen your reflection and motivation)



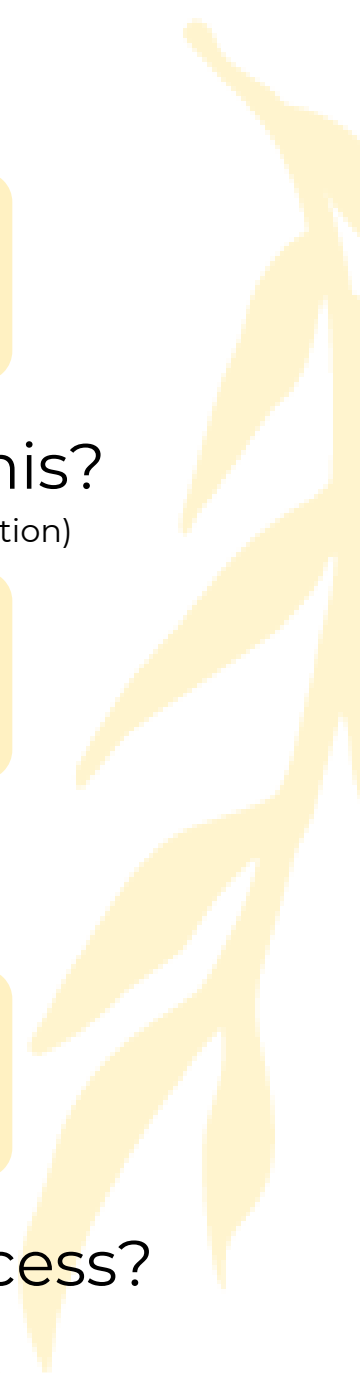
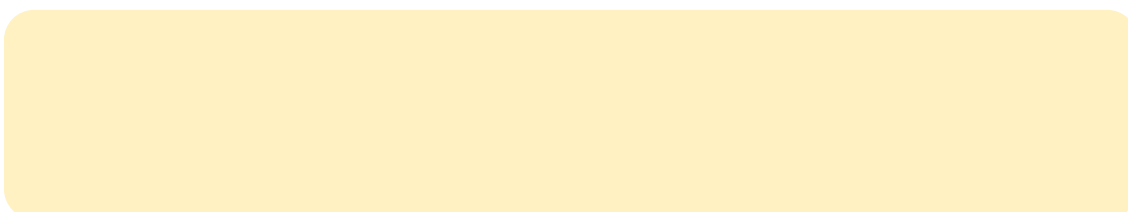
How will you accomplish it?

Brainstorm a list of behaviors that support your goal.



Which has the best chance of success?

Choose three behaviors with the greatest impact toward your goal.



Habit (Behavior) #1 -

Ex: Exercise regularly, drink more water, eat healthier

What will you do?

Ex: Walk 15 minutes, drink 8 oz of water, incorporate one fruit or vegetable

When?

Ex: Every day at noon, every morning after waking, dinner time Mon-Fri

Where?

Ex: Around the block, my bedside table, the dining room table

Cue -

Ex: My phone reminder, getting out of bed, sitting down for my meal

Routine -

How will you prepare, and how will you know when you're done?

Ex: Bring your walking shoes, changing out of your walking shoes

Reward -

What kind of reward do you expect immediately after, and after 30 days?

Ex: Improved mood and blood flow, better sleep and productivity