Developing Good Habits



Generally speaking, establishing a new habit only takes 4-6 weeks. If you can stay focused that long, your new habit will have become automatic and much easier to maintain. Use this handy checklist to help you set good habits.

**Things to Consider:**

* I know my bad habits may be comfortable but I understand they are preventing me from living the life I want to live.
* I realize change is hard, but I'm doing it anyway. I am worth the effort.
* I may have tried and failed before, but this time I am better prepared to succeed.
* I can visualize the results I want to achieve with this new good habit.
* I can visualize the steps I need to take in order to obtain this new habit.
* This good habit is something I want to do for myself, not for anyone else.
* I understand that working at my own pace is fine as long as I do not stop or revert to my old bad habit.
* I understand that while working to establish my new habit, I may need to replace my lost needs with something new.

**Tasks to Complete:**

* I have created a list of the benefits I will receive when I develop this new good habit.
* I am aware of the consequences if I do not make this change for the better.
* I have set a timeline for starting & completing this new habit. I understand this is not going to be a "quick-fix" but a lifestyle change.
* I have gathered the necessary items to help me bring this new habit into fruition.
* I have a plan, in writing, with the steps I'll take to create this new habit.
* My plan includes small steps that are achievable.
* I've created some 'If then' statements to keep me focused on the outcome.
* I will make a conscious choice every day to work on my new habit.
* I have created reminders so I never forget to work on my new habit.
* I have recruited a support person to help keep me motivated.
* I have removed all items of temptation from my environment so I will struggle less.