Good Habits Worksheet



**Habit:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Why I want to establish this habit:**

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**Benefits I'll receive by having this habit:**

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**Consequences if I do not change the bad habit this is replacing:**

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**Things I will need in order to bring this habit into fruition:**

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**Steps I will need to take to develop this new habit:**

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**People I can call on if I need assistance or a boost of motivation:**

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**Items I must remove from my environment (at least temporarily) to ensure I struggle less:**

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**Reminders I can create to ensure I never forget to work on my new habit:**

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My If - Then Plan

Setting a new habit will only only work if you stay focused. However, for many, when the initial excitement wears off, so does the motivation. When a new habit fails to stick, it's often due to not have an if-then plan in place.

The if-then plan is simply your way of prepping for potential stumbling blocks. Knowing ahead of time how you will handle the issue will ensure you keep moving forward.

**Examples:**

* If I'm too tired to exercise in the evenings after work, then I will get up an hour early each day to take my walk.
* If I have to go to the grocery store, then I will only buy what's on my list.
* If my co-worker brings in cupcakes, then I will eat one of my healthy snacks instead and remind myself of the benefits I'm receiving from doing so.
* If my finances are tight, then I will pack a lunch instead of eating at the deli.

It's your turn. Take some time to consider the obstacles you may face when trying to establish your new habit. Those obstacles are the 'if's".

**If:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Then:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**If:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Then:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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