

## Create a Habit! Worksheet

### Trigger

Signal to start the habit (*Example: a phone alarm with the Rocky Theme*)

### Trigger

Your plan:

### Reduce Steps To Start

Reduce the number of steps you need to CURRENTLY do to start your habit. The fewer the steps, the more likely you will do it.

(*Example:*

1. ~~Drive home~~
2. ~~Change clothes~~  
*Bring clothes in morning*
3. *Drive to gym*

### Reduce Steps To Start

Your plan:

### Reduce Competition

Identify the competition to you doing the habit. Then, identify how to work around it. (*Example: Video games. Set an alarm to stop all games 10 minutes before your trigger starts.*)

### Reduce Competition

Your plan:

### Reduce Thinking

Thinking takes a lot of work and is hard to do in the moment. Do all the thinking beforehand so all you have left is to just do it! (*Example: Create a workout plan for each day listing exercises and reps.*)

### Reduce Thinking

Your plan:

### Be Accountable

Being held accountable makes it harder to skip. (*Example: Log progress and ask your friend to keep you accountable.*)

### Be Accountable

Your plan:

### The 30-Day Rule

The science says that we need to do it over and over again until we can do it without thinking. Usually 30 days is a good number to start with, but try to go longer.

### The 30-Day Rule

*Stay consistent early on and it will pay off!*

### Make It Addictive

Give yourself a dopamine shot either during or afterwards to reward your behavior. It will make coming back easier. (*Example: Reward yourself with a small piece of chocolate at the end.*)

### Make It Addictive

Your plan: