

Habit Plan

Developing new healthy habits is an important part of working toward long-term goals. For example, the goal of improving your health can't be achieved without habits such as eating healthy or exercising. Creating a habit plan will help you get started.

instructions

Step 1: Connect your new habit to an existing habit.

Tying new habits to things you already do is an effective way to make them part of your routine. Instead of planning to "go for a walk later", plan to "go for a walk right after dinner every evening".

After _____ *existing habit* _____, I will _____ *new habit* _____.

Step 2: Reward success.

When you are successful, treat yourself to a small reward. Rewards should not contradict your habit (e.g. a big dessert for eating a healthy meal), and they should be something you can do regularly. Even small rewards will reinforce a new habit.

After _____ *new habit* _____, I will _____ *reward* _____.

examples

Step 1: After *I brush my teeth at night*, I will *do 10 push-ups*.

Step 2: After *I do 10 push-ups*, I will *relax for 30 minutes*.

Step 1: After *I get on the bus to work*, I will *practice deep breathing for 10 minutes*.

Step 2: After *I practice deep breathing*, I will *listen to music*.

practice

Step 1: Connect your new habit to an existing habit.

After _____, I will _____.

Step 2: Reward success.

After _____, I will _____.