



PLAYBOOK
Habits Worksheet

Name _____

Last Updated _____

Pattern of Living <i>What pattern of living do I want to create?</i>	Small Behavior <i>What doable, repeatable new habit would get me closer to my ideal pattern?</i>	Cue Trigger <i>What routine, habit or trigger can I link this to?</i>	Reward Celebrate <i>My brain's reward will be _____ or to celebrate by _____.</i>	Prepare Reinforce <i>What do I need to do to my environment (or avoid) to make this more repeatable?</i>

Informed by the Fogg Behavior Model and the ABC Method as described in 'Tiny Habits'(2020) by BJ Fogg, the research profiled in "Good Habits, Bad Habits" (2019) by Wendy Wood, and Judon Brewer's Habit Mapper found at Dr.Jed.com.



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