



PLAYBOOK  
Habits Worksheet

Name \_\_\_\_\_

Last Updated \_\_\_\_\_

| Pattern of Living Goal                            | Doable New Tiny Behavior   | Cue: Current Habit (Best) or Reminder                      | Reward, Celebration  | Preparation / Support   |
|---|--|--|--|---|
| <i>What pattern of living do I want to build?</i> | <i>What new habit would be doable, repeatable &amp; get me closer to my ideal pattern?</i> | <i>What routine, habit or reminder can I link this to?</i> | <i>My brain's reward will be celebrating by... which will ultimately lead to....</i> | <i>What can I prepare in my environment? What will make this more doable?</i> |
|   |  |  |  |   |
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|   |  |  |  |   |

*Informed by the Fogg Behavior Model and the ABC Method as described in 'Tiny Habits. The Small Changes That Change Everything.'*



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|---------------------------|-----------------------------|--|---------------------|--------------------------|
|                           |                             |  |                     |                          |
|                           |                             |  |                     |                          |
|                           |                             |  |                     |                          |

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