

The Habit Worksheet-Guides are informed by our consolidation of research and protocols suggested by experts and forming and breaking habits*. Use this work sheet as a reminder and tool for personalizing the habits you would like to design into your life. Tailor to your priorities, your best cues/triggers and repeatability.

1. Ideal Habit – Pattern of Living Column

Write down your **personalized** version of the Ideal Habit you would like to work towards at this time.

- a. Don't worry about it being just right the first time. Expect future revisions!
- b. Discover by doing. Give yourself permission to adjust as you learn what does or does not work for work for you.

2. Doable New Behavior and Cue/Trigger

List a few small behaviors you would like to turn into habits then realistically assess doability. For each new habit option, ask yourself...

- a. What is my cue? Can I link this to a routine?
- b. Do I need a second trigger or a reminder?
- c. Does this look doable?

Can I realistically do it on a regular basis, on all or most days of the week?

Should I make it a bit smaller to be more doable to get started?

Should I focus on something else that would then make this one more doable?

3. Circle the top 2 or 3 you want to focus on first.

- a. Experiment. If one doesn't work out, modify or try something else.
- b. Keep your combinations of new habits to three new behaviors then start stacking one habit on top of another. Three appears to be the Goldilocks formula: not too few to matter, not too many for doability.

4. Identify the Reward that's relevant to you OR List ways to celebrate to send a reward message to your brain.

Your brain works on reward – positive feedback! If you don't expect to feel an immediate reward, create ways to consciously celebrate the action thus giving your brain a much needed micro-dopamine hit (reward). List a few options that feel most natural to you. Examples:

- i. High-five to your dog.
- ii. A silent or spoken "Well done, You're on your path!"

TIP. Treat this all as an experiment. Be curious. Something doesn't appear to be working for you? Celebrate! You now have more insight for moving on to find what does work for you! (*In the ASL world, we like to know sooner rather than later!*)

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.