

# Psych for Life® Habits worksheet

Over the course of the next three weeks, we would like you to pick one habit that you would like to change (and that you are willing to discuss with the group), and do your best to use the content in this module to help you change that habit.

## Part 04: Sticking to a new habit:

You're going to fill this out over the course of the next two weeks, as you either begin your new habit or begin reducing your unwanted habit.

**What is your daily goal for this habit?**

**When and where will you fill out this diary each day?**

### Day 01:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 02:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 03:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 04:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 05:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 06:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 07:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 08:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 09:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

### Day 10:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

## Day 11:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

## Day 12:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

## Day 13:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?

## Day 14:

Did you stick to your habit?

If so, when and where did you perform it?

If you were unable to stick to the habit, was there a reason?

Did you discuss your habits with an accountability partner?