

Psych for Life® Habits worksheet

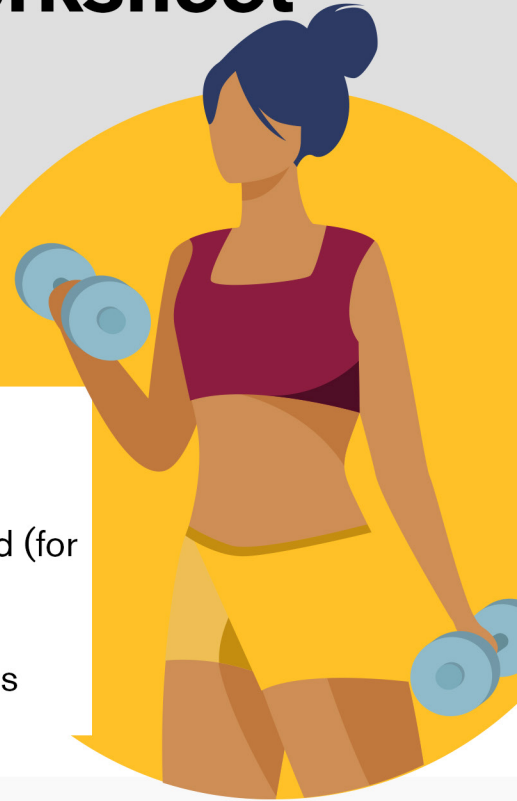
Don't give up now! You are doing great!

Part 05: What to do if you miss a day

Remember, missing a day is normal, and doesn't erase your progress!

First, take a moment and describe what you have accomplished (for example, you could write, I ate healthy for 5 days).

Looking back on the days you missed, was it because of factors within your control?



For factors within your control, ask yourself the following questions:

1. Did you start by changing your behaviour in small steps or were you overly ambitious in trying for a big change?
2. Did you make a clear, simple, and specific plan about when, where, and how you were going to carry out the behaviour?
3. Were the context cues you use to remind yourself of the habit strong enough to catch your attention and signal you to actually engage in the behavior?
4. Was there too much friction in the environment to make the behaviour easy to engage in?
5. Did you reward yourself for carrying out the behaviour?
6. Did you have an accountability partner? If so, are you both actually keeping each other accountable?
7. Is this habit linked to a goal that is still a priority?

Looking forward, ask yourself the following questions:

Are there ways to:
reduce the intensity of the habit behaviour?

decrease the friction in your environment?

make the cues more noticeable?

When would be a good day to get back on track?

You can do it!