

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 02: Starting a new habit

Research by Milne, Orbell, and Sheeran has shown that having a specific plan can greatly increase your chances of sticking to a new habit. So in this section, take a few minutes to plan out how you will begin your habit over the next two weeks.

As discussed in the video, the three core components of habit formation are:

1. Repeated behaviors

The more a behavior is repeated the faster it becomes an unconscious habit

2. Cues in the environment

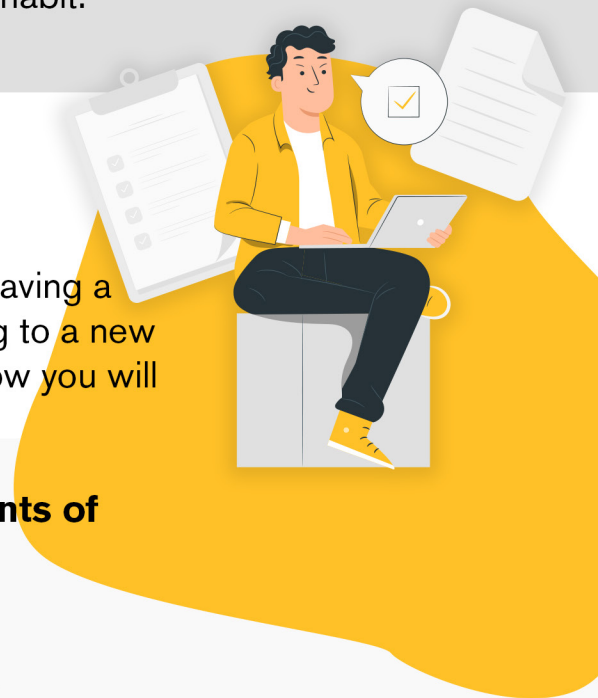
Reminders such as time and place can trigger a behavior.

3. Rewards

Rewarding yourself during or after the habit encourages you to repeat that behavior again.

Write down:

1. What habit do you want to build?
2. Over the course of the next two weeks, how often would you like to engage in this habit?
3. Is there a specific time and place when and where you want to perform this habit?
 1. Time
 2. Place
4. On what day do you want to start this habit?
5. What environmental cues can you use to remind yourself of this habit?
6. What challenges could prevent you from achieving this habit? Are there ways to make this habit easy?
7. What rewards can help you stick with this habit?
8. Having an accountability partner - someone who will either perform the habit with you, or at least someone you can discuss your progress with, can also help you stick to your habit. Is there anyone you can think of that can fill that role?



Fillable Sheet

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