

HABIT FORMULA

Building a new habit is a fundamental part of working towards your long-term goals. Ultimately, it is the little things that we do consistently that underpin meaningful and lasting changes. Although building a new habit is not always easy, creating a habit formula can help you tie your habit to a specific "trigger" and replace an unwanted old habit.

1) Identify the trigger

A trigger is anything that drives a behaviour and can include a specific time, place, headspace, people, or immediately preceding action. For example, "When I feel annoyed (headspace) with Jack (people) in the morning (time), I react by...."

2) Identify your old unwanted habit

How did you use to react? What behaviour are you trying to change? Try to be as specific as possible.

3) Define your new habit

Be specific about what new habit you want to establish and choose something that is achievable so that you are not setting yourself up for immediate failure.

HABIT FORMULA

When ___trigger___, instead of ___old habit___, I will ___new habit___.

Example 1: When I feel tired, instead of getting a double espresso, I will take a nap for 30 minutes.

Example 2: When I have my lunch break, instead of staying at my desk, I will go out for a 15 minute walk.

Example 3: When my partner is talking, instead of interrupting and giving my opinion, I will actively listen until they are done.

YOUR TURN

1) When _____, instead of _____, I will _____

2) When _____, instead of _____, I will _____

3) When _____, instead of _____, I will _____