

HABIT:

Identification

Because I am

Implementation Method *pick one or more*

☐ After [existing habit], I will [new habit].

.....
.....

☐ I will do [habit] at [time] in [location].

.....
.....

☐ After [habit I need], I will [habit I want].

.....
.....

How can I design my environment to make this habit easier?

.....
.....
.....

What obstacles might prevent me from following through, and how can I remove them?

.....
.....
.....

How will I track my progress?

☐ my journal

☐ Soma's habit tracker

☐ app

☐ others:

What small reward for weekly completion?

.....

What bigger reward after a month?

.....

NEW HABIT:

Identification

Because I am

Implementation Method pick one or more

- ☐ After [existing habit], I will [new habit].
- ☐ I will do [habit] at [time] in [location].
- ☐ After [habit I need], I will [habit I want].

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How can I design my environment to make this habit easier?

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What obstacles could prevent me, and how can I remove them?

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How will I track my progress?

- ☐ my journal
- ☐ Soma's habit tracker
- ☐ app
- ☐ others:

What small reward for weekly completion?

.....

What bigger reward after a month?

.....

NEW HABIT:

Habit Tracker:

day

date

1.		☐
2.		☐
3.		☐
4.		☐
5.		☐
6.		☐
7.		☐
8.		☐
9.		☐
10.		☐
11.		☐
12.		☐
13.		☐
14.		☐
15.		☐

day

date

16.		☐
17.		☐
18.		☐
19.		☐
20.		☐
21.		☐
22.		☐
23.		☐
24.		☐
25.		☐
26.		☐
27.		☐
28.		☐
29.		☐
30.		☐
31.		☐