

Change Plan



Track the habit you'd like to break:

What is happening right before you do it?

What happens right after?

How do you feel when you want to do it?

How do you feel when you are in process of doing it?

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What does it feel like when you have completed it?

Who was with you?

Were these people helpful for you? If not, who would have been a more healthy person/people for you to be with?

Where were you? And was this a healthy place for you to be? If not, where would have been a better location for you?

As a result of learning the above, I want to make changes here:

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This is an important change for me because ...

Notes, Thoughts, Insights ...

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Action plan for the habit you want to create:

New Habit is:

Anchor routine is:

Why do I want to do this right now:

10 % incremental changes for this new habit are:

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Step 1:

Step 2:

Step 3:

Map out each step in small measurable and time sensitive action-ables.

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Notes, Thoughts, Insights

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Build A Coping Plan:

New habit is:

Anchor routine is:

Why do I want to do this right now:

Things that will get in my way of accomplishing my goal and creating my new habit of _____:

List out as many obstacles as you can think of right now.
