

# HABIT FORMATION

Creating good habits is an important part of long-term goal setting. In order to achieve a goal, you will have to change some behaviors. Habit formation is a helpful strategy for increasing desired behaviors.

# 1

## IDENTIFY A HABIT YOU ALREADY HAVE

Think of something you do everyday. This might be brushing your teeth, watching a show, or eating dinner. By pairing your new habit with an existing habit, you decrease the chances you will forget to do the new behavior.

# 2

## REWARD YOURSELF

Identify a small reward you will give yourself every-time you complete this new behavior. You might watch a show, have a sweet treat, or call a friend. Rewarding yourself for completing the new behavior will reinforce the new habit.

# 3

## TRACK IT!

Keep a log of every time you complete the new behavior in order to track your success in implementing your new habit. This will help you determine if your habit formation plan worked or if you need to test out a new plan.

Now it's your turn! What behavior do you want to make into a habit?

1

## IDENTIFY A HABIT YOU ALREADY HAVE

What: is your current habit -

When do you do this -

2

## REWARD YOURSELF

What will you reward yourself with?

3

## TRACK IT!

Monday	Yes	No
Tuesday	Yes	No
Wednesday	Yes	No
Thursday	Yes	No
Friday	Yes	No
Saturday	Yes	No
Sunday	Yes	No

Monday	Yes	No
Tuesday	Yes	No
Wednesday	Yes	No
Thursday	Yes	No
Friday	Yes	No
Saturday	Yes	No
Sunday	Yes	No