

# Trading Bad for Better Worksheet 1

"Most bad habits are caused by stress or boredom." James Clear

Name 1 bad habit you would love to dissipate:

## Track the habit for 3 days.

How many times do you do it? \_\_\_\_\_

What time(s) of day? \_\_\_\_\_

What are the triggers:

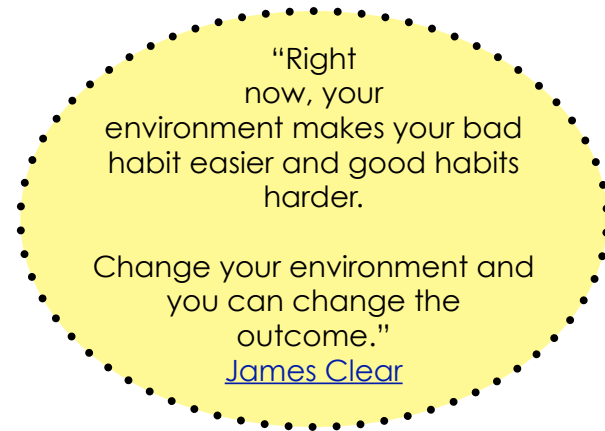
(Think of what actions or habits precede the undesired behavior.) For example: When I get frustrated on the computer due to technology or bad news, I eat a small piece of dark chocolate.

Trigger 1:

Trigger 2:

Trigger 3:

How does your environment make your bad habit easier and your good habit harder? For example: Having dark chocolate stash in my house makes it easy to eat it.



How can you change your environment to change your habit?

Environment Change 1:

Environment Change 2:

Environment Change 3:

What better habit would you like to replace your bad habit with? Remember to make it very easy.

What is your Reward?

Who do you know would also like to dissipate this habit? \_\_\_\_\_

Call them and see if you can commit to being accountability partners.

# Changing Bad to Better Habit Worksheet 2

Review the 5 habit triggers on the table on the left.

Use the blank boxes on the table on the right to design a better habit. Then, schedule your habit in your calendar for the next month or two to ensure your success.

The 5 Habit Triggers
Emotional
Prior Action
Other People
Specific Time
Specific Place

Bad habit you want to change	Identified Trigger (Which of the 5 triggers?)	Identified Reward	Better Habit
ex. Eating chocolate to take a break from work.	Emotional trigger when I feel frustration or excitement.	Emotional pacification due to chocolate (sweet taste)	ex. Eat celery and raisins