

Identify Your Habits

Purpose: to start to recognize our triggers, our habits, and our rewards. There are 5 trigger categories: an emotion, a prior action, the presence of other specific people, a time, and a place. Use this worksheet to start to break down your habit patterns (good or bad).

5 Habit Triggers	Ex. trigger	Ex. Routine	Ex. Reward
Emotional	Feel frustrated or excited at work.	Get up and eat a piece of chocolate.	The relaxed expanded feeling from chocolate.
Prior Action	After I workout I make a green smoothie.	Make a green smoothie.	The feeling of feeding myself good nutrients.
Other People	Daughter asks me to read a bedtime story.	Read a bedtime story.	Have a cozy time together.
Specific Time	Waking up.	Drinking water + pooping.	Get to do yoga.
Specific Place	Sitting at computer.	Check my email.	Feel connected and on top of things.

5 Habit Triggers	Ex. trigger	Ex. Routine	Ex. Reward
Emotional			
Prior Action			
Other People			
Specific Time			
Specific Place			

Sample Habit Trigger Table

The point is to identify triggers you can use as reminders or cues to trigger a new habit. Once you know what you do each day without fail, and what happens to you each day without fail, **you can select one to add a new habit. Only focus on one habit change at a time. (We selected the one in orange)**

Things you do each day without fail	New Habit to add (Circle the trigger on the left)	Things that happen to you each day without fail, including emotions you feel, or people you interact with.	New Habit to add (Circle the trigger on the left)
Wake up.	tongue scrape	Get asked to make food by kid.	
Make green smoothie.	add 1 new green plant a week to my smoothies	Feel frustrated or excited at work.	Eat celery and raisins (instead of chocolate) as a break.
Check email.	Do eye palming	Get email.	
Eat chocolate.	Take a deep breath and experience gratitude	I watch the kids at the pool	Do pool abdominal workout exercises
Read bedtime story.		Feel a desire for more time.	
Stare at the ocean.	Relax my eyes.		

New Habit Trigger Worksheet

The point is to identify triggers you can use as reminders or cues to trigger a new habit. Once you know what you do each day without fail, and what happens to you each day without fail, you can select one to add a new habit. Circle the Trigger and the new habit.

Things you do each day without fail	New Habit to add (Circle the trigger on the left)	Things that happen to you each day without fail	New Habit to add (Circle the trigger on the left)