

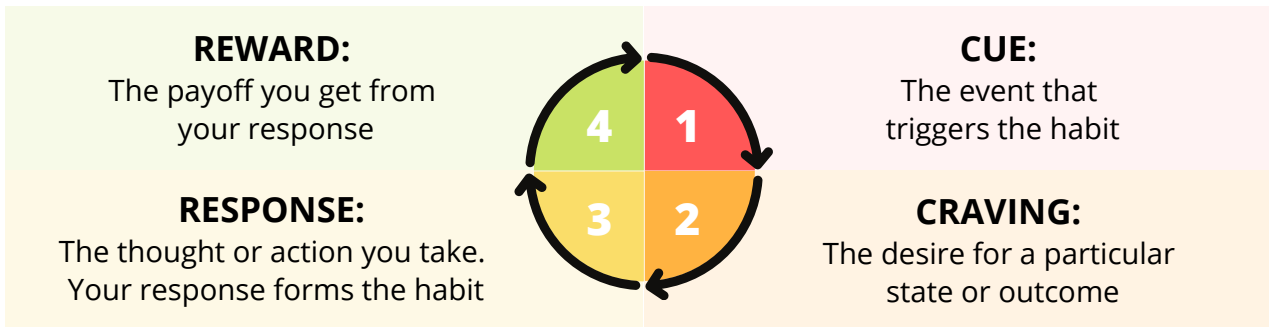
How to Build Better Habits

“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.”

– James Clear, Atomic Habits

Use this worksheet to create a custom plan for letting old habits go, and successfully adopting new ones. It starts with noticing a **Habit Loop**

In his book Atomic Habits, James Clear defines a Habit Loop as a pattern of behaviour consisting of four phases: **CUE > CRAVING > RESPONSE > REWARD**



James Clear gives several examples of Habit Loops, such as this one, about incessantly checking your phone:

- CUE:** Your phone buzzes with a new text message
- CRAVING:** You want to learn the contents of the message
- RESPONSE:** You grab your phone and read the text
- REWARD:** You satisfy your craving to read the message

Going through these four stages repeatedly forms a phone-checking habit

To change a habit, follow these steps:

1. Define the behaviour you want to change
2. Come up with ways to discourage the old behaviour
3. Identify a behaviour you'd like to replace it with instead
4. Come up with ways to encourage the new behaviour
5. Put your strategies into practice and make adjustments as necessary

See the next page for an example of how to follow these steps and create better Habit Loops. Then use the template to change one of your habits.

Example: the Phone-Checking Habit Loop

Using our example from the previous page of the incessant phone-checker, see the five steps below for one way to break a bad Habit Loop and to create a new, desired Habit Loop.



Remember, to change a habit, you need to follow these five steps:

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1 What is the behaviour or habit that I want to change?

I want to stop checking my phone incessantly

2 Breaking the Habit Loop

Come up with ways to break the Habit Loop. Make the cue less obvious, the craving less attractive, the response more difficult to do, and the reward less satisfying.

How can I make the **cue** invisible?

Turn notifications and sounds off

How can I make the **craving** unattractive?

Remember the time when checking my phone ruined my morning

How can I make it hard to **respond**?

Keep phone in bag, not on table or bedside

How can I make the **reward** unsatisfying?

Keep tally of how many minutes I'm wasting checking my phone

3 What is the behaviour or habit that I want to do instead?

I'd like to check my phone during specified times. Ideally, for only 30 minutes in the morning, lunch, afternoon and evening

4 Building a better Habit Loop

Come up with ways to build a better Habit Loop. Make the cue more obvious, the craving more attractive, the response easier, and the reward more satisfying.

How can I make the **cue** more obvious?

Set a countdown timer for the next phone checking time

How can I make the **craving** more attractive?

Remind myself that waiting means more fun phone time later

How can I make my **response** easier?

Put headphones and charger in cozy, visible spot

How can I make my **reward** more satisfying?

Make it into a social break, grab snacks, make it fun

5 Putting it all into practice

Implement your strategies, notice what happens, and make adjustments as needed. Be patient and kind with yourself. Changing habits is a *process* and it takes time.



If you would like to share feedback or receive help with this worksheet, get in touch at coaching@witten.kim. Or visit witten.kim for info on coaching

Build a Better Habit Loop: a 5-Step Process

Follow these five steps to build better Habit Loops:

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2. Come up with ways to discourage the old behaviour
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