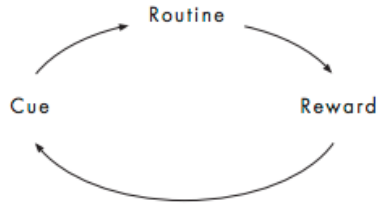


# The Power of Habit Worksheet

## Step by Step Guide to Make or Break a Habit



**Your first step to start or change a habit is to first identify your WHY.**

**Why do you want to change? (Place your answer below)**

What is the end result you desire? What do you want to accomplish? Who do you want to become? Will losing 5 pounds really make you the person you want to be? Will making another \$1,000 a month really make you happy?

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**1**

## How to Make a Habit

- **Step 1, identify the habit you would like to start**
- **What will be your cue to start the routine?**  
What time will it be? When will the cue occur most often? Where will you be? Who else will be around? What emotions will you be feeling? You only need one cue!
- **Step 2, define the reward at the end of the routine**  
Do you crave the reward when the cue occurs? Do you crave the reward (how it makes you feel) more than the “what” you give yourself?

- **Step 3, define the routine**
  - **Step 4, put it all together and write it down**  
You can write your new habit builder here or on a sticky note to remind you throughout the day
  - Example: When I see my toothbrush at nighttime, I will brush my teeth because it gives me a clean feeling before bedtime.
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## 2

### How to Break a Habit

- **Step 1, identify the habit you would like to break**
  
- **What will be your cue to start the routine?**  
What time will it be? When will the cue occur most often? Where will you be? Who else will be around? What emotions will you be feeling?
  
- **Step 2, define the reward**  
What craving is your bad habit satisfying?  
  
Test your answer! Try using another reward to see if the craving goes away. If the craving goes away, that's what you really crave. You found the right reward. If not, keep experimenting to find the right reward
  
- **Step 3, define the routine**  
**Step 4, put it all together and write it down**

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## Get the Book if you haven't already!

Link: <http://www.66dayexperiment.com/power-of-habit> (non-affiliate)

