

New Habit Plan

An important part of achieving your long-term goals is developing new smaller habits. For example, the goal of increasing your income can't be achieved without new small and healthy habits such as getting enough sleep, eating right, or exercising. Creating a habit plan is a good way to begin.

instructions

Step 1: Connect your new habit to one of your existing habits.

Binding new habits to things you already do is an effective way to make them part of your routine. Instead of planning to “go for a walk later”, plan to “go for a walk right after dinner every evening”.

After your existing habit, I will your new habit.

Step 2: Reward success.

When you are successful, treat yourself to a small reward. Rewards should not contradict your habit (e.g., a big dessert for eating a healthy meal), and they should be something you can do regularly. Even small rewards will reinforce a new habit.

After your new habit, I will your reward.

examples

Step 1: After I brush my teeth at night, I will do 10 push-ups.

Step 2: After I do 10 push-ups, I will relax for 30 minutes.

Step 1: After I get on the bus to work, I will practice deep breathing for 10 minutes.

Step 2: After I practice deep breathing, I will listen to music.

practice

Step 1: Connect your new habit to an existing habit.

After _____, I will _____.

Step 2: Reward success.

After _____, I will _____.