# Habit Change Worksheet

<table>
<thead>
<tr>
<th>CUE</th>
<th>ROUTINE</th>
<th>REWARD</th>
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## REWARD Experiments

<table>
<thead>
<tr>
<th>Item</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<tbody>
<tr>
<td>Where Are You?</td>
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<td>What Time Is It?</td>
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<td>Your Emotional State?</td>
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<td>Who Else Is Around?</td>
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<td>What Action Preceded?</td>
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HOW TO CHANGE A HABIT

DO YOU WANT TO CHANGE A HABIT?

Yes

THE HABIT YOU WANT TO CHANGE

DIAGNOSE THE THREE PARTS OF THE HABIT

THE CUE

The Cue

When you feel the urge for your habit, ask yourself:

- What time is it?
- Where are you?
- Who else is around?
- What did you just do?
- What emotion are you feeling?

ONE OF THESE 5 THINGS IS THE CUE.

Look for which one stays the same every time you feel the urge.

THE REWARD

The Reward

What craving do you think your habit is satisfying?

TEST THAT THEORY:

Substitute another reward (e.g., instead of eating a cookie, have a cup of coffee. Is the craving gone?)

That's what you're really craving.

Substitute the opposite reward (e.g., instead of eating a cookie, take a walk. Is the craving gone?)

Keep experimenting until you find something new that satisfies the urge.

THE ROUTINE

The Routine

Now that you have identified the cue and reward, insert a new routine.

Routine

Choose an activity that is triggered by the old cue, and delivers the old reward.

Cue

From Step 1

Reward

From Step 2

Studies show that the easiest way to implement a new habit is to write a plan:

When __________, I will __________ because __________

it provides me with __________

Post this plan where you will see it. Try it for a week. Eventually, make sure the new behavior will become automatic.