

Stick to It - Good Habit Development Worksheet

Developing good habits will affect every area of my life. I'll begin with these.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Habit: _____

Self Promises

- I will focus on this habit until I successfully reach my goal.
- I will gradually work up to my goal.
- I will build the good habit into my regular routines.
- I will hold myself accountable and get a friend to help me.
- I will build my self-discipline and keep my expectations realistic.

Working the Plan

- My goal is _____

- I have identified my cues and triggers _____

- I have built my new habit into my routine by _____

- I have scheduled a reward for each milestone

