

Business Name

Forming New Habits That Stick



Your Name

1

Find your why

New habit

What goals will this help me achieve?

- > _____
- > _____
- > _____
- > _____

How?

- > _____
- > _____
- > _____
- > _____

2

Find your obstacles

New habit

Obstacle 1

- _____
- > _____
- > _____

Obstacle 1

- _____
- > _____
- > _____

Obstacle 1

- _____
- > _____
- > _____

3

Form the new habit

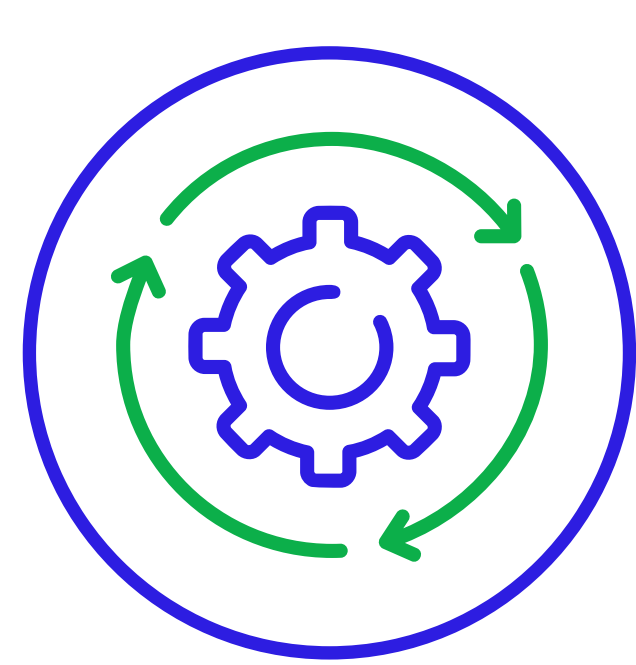
New habit

After I _____, I will _____

4

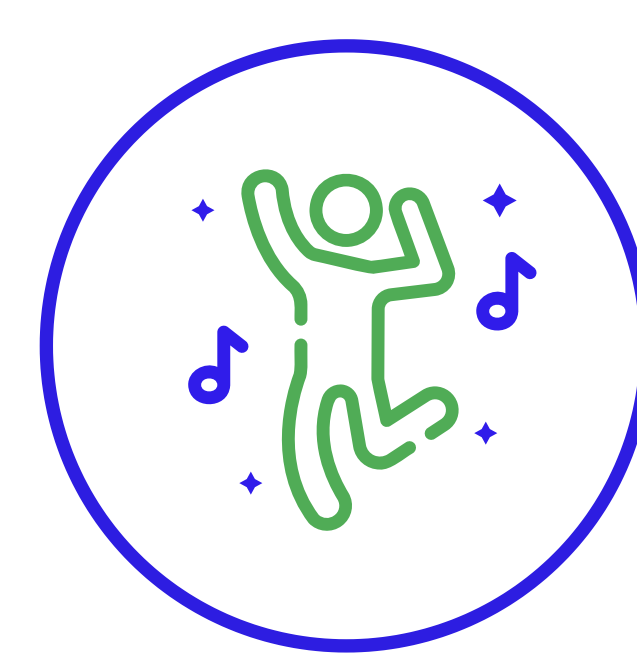
Hold yourself accountable

So you've followed all the steps and you're falling off track. Now what?



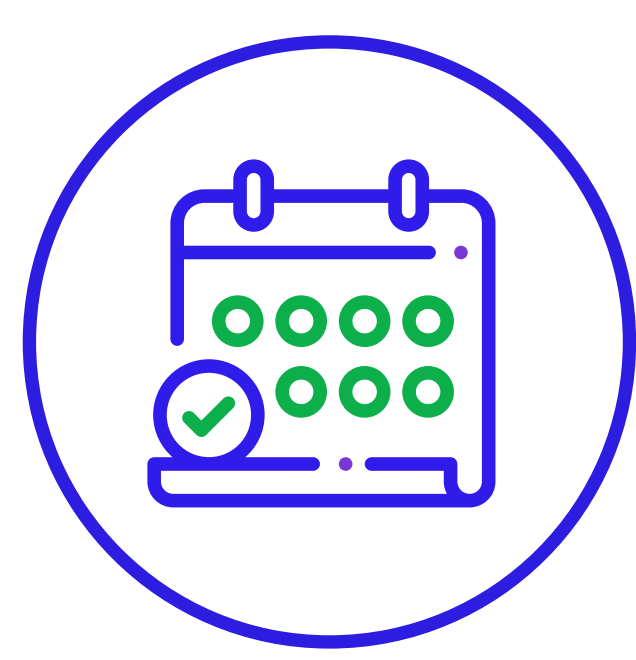
Automate it

There's no need to make it harder on yourself - there are plenty of tools and apps that allow you to make your habit part of a process, pipeline, or schedule. Using technology is the most reliable way to make your habit a guarantee.



Enjoy it

Find out what gives you that dopamine hit, whether it's crossing something off a list, assigning a special colour to completed tasks, or clicking "done," make sure you're enjoying yourself.



Measure it

A visual representation of your progress is a perfect way to see the sum of your success, and it can even encourage you to avoid breaking a streak. It can be as simple as a calendar, habit tracker, or app you use daily.



Find your buddy

An Accountability Buddy is someone who will commit to checking in with you at set times to hold you accountable to your goals. They're someone that will check-in to ensure you followed through with what you said you would do.