

# SIMPLE HABITS HELP

## Sheet 1: Breaking the bad

**Instructions:** Getting started is the hardest part! Probably picking just one bad habit is tricky. Too many to think of? Write a full list on a blank sheet then break down your habits into small chunks.

**Example** - Eat less salt or sugar, let's just start with your guilty snack.

*"Focus - uncover one problem at a time. If you do not focus your efforts will be overwhelming"*  
James Clear

Name the outdated habit you want to unpick:

The process of habit change starts with awareness.  
Track your habit for 3 days - 1 week

*"Until you make the unconscious conscious, it will direct your life and you will call it fate"*  
Carl Jung

How many times do you do it?

What time (s) of day?

Analyse what feelings, behaviour or routines precede the undesired habits, these are your triggers.

**Example** - When I feel stressed with work I drink to wind down / I scroll social media when I have an important deadline / When I am driving in the afternoon I eat a family sized bag of crisps.

What are your feelings before your bad habit:

Trigger 1:

Trigger 2:

Trigger 3:

**Action: Surf the urge** - rather than pushing away the craving, research has shown us that spending 10 minutes noticing the sensations and riding them like a wave helps us cope until the feeling subsides.

*"Explore the negative sensation with curiosity instead of contempt"* Nir Eyal

How does your environment make your bad habit easier or harder to complete?

**Example** - I stop for petrol and buy crisps to keep in my car / My phone beeps all the time / I go to the pub and everyone is drinking.

What can you control in your environment to change your habit:

Action 1:

Action 2:

Action 3:

Now it is time to design a new habit(s) to replace the old one. Turn over, you are on your way to a new you...

# SIMPLE HABITS HELP

**Instructions:** Have you ever wanted to start a new habit, made a great start but then failed after a few days? Using the latest in habit science you are going to make that change and make it stick. Start by breaking down your habit into small chunks.

**Example** - Eat less salt or sugar, let's just start with breakfast.

Name the new habit you want to start (make it very easy)

"Many people think they lack motivation when what they really lack is clarity"  
James Clear

Next be clear and specific about when and where you will perform your new habit. This will make you more than 50% likely to follow through! Use one of these statements to complete your intentions below.

**Example** "I will write in my journal at 9pm in my bedroom... I will then get ready for bed". "After I have cleared away dinner I will prep my breakfast of oats, yogurt and fruit for the next day".

State your intentions:

I will [INSERT BEHAVIOUR] at  
[time] in [location].

After I have done [INSERT BEHAVIOUR]  
I will then [INSERT NEW BEHAVIOUR] .

We value the present more than the future. The consequences of bad habits are delayed whilst the rewards are immediate. So we must over state the positive to get to the long term.

**Example** "By eating better, I will have more energy, then I will lose weight, my blood pressure will drop, I will sleep better, I will live longer and see my kids grow up".

What is your reward? What will you gain by doing your new habit?

For 1 month...

For a year...

For a lifetime..

Now turn this reward into a positive statement that fires you up. Write it everywhere - repeat repeat repeat.

**Example**- Replace "I deserve this cookie, I am exhausted and I have had a bad day" with "I choose health & energy".

What is your motivational phrase:

Now time to make traction and keep it going.  
Turn to sheet 3 to track your habit

# SIMPLE HABITS HELP

**Instructions:** Now you have to keep going on the promises you have made. Exhausted already? Don't worry, you have the latest behavioural science behind you, you can nail it. A Habit is **"A Behaviour that has been repeated enough times to become automatic"**. So now use every trick in the book to keep it going. It's the showing up every day that is important, not how long or how much you do.

*"Habit formation is the process by which a behaviour becomes progressively more automatic through repetition."*  
James Clear

Print this sheet, stick it where you can see it, put a tick in the box every time you complete your new habit, don't break the chain! Use the 2 minute rule, do your new habit for just 2 minutes on a bad day. Whatever happens in life, don't break the chain.

## Habit Tracking

Better Habit:

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

**Take notice:** You don't normally get instant gratification from healthy habits, the reward is in the long term. We are often focused on results and not the habits themselves, but take time to notice how you feel after a week or a couple of days, maybe your skin is a little clearer, maybe you can concentrate a little better, maybe you slept a bit deeper. Keep noticing the small changes, the big changes will come easier.