

# HABIT FORMATION WORKBOOK

ESTABLISH LASTING CHANGE IN 2020

NAME

DATE

This week on The Golden Mind Show, Sierra Brown of @iammelaninwell shared 3 steps to creating lasting change in 2020. She uses a habits-based approach to help is achieve this. Use this worksheet to assess and form new habits. View her video in the Bresumbrella Wellness Tribe for more details.

THIS WEEK'S PODCAST EPISODE

## EP. 52: 3 STEPS TO CREATE MORE LASTING CHANGE IN 2020

*w/ Sierra Brown*





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## STEP 2. BREAK NEGATIVE HABITS

According to Charles Duhigg, a habit is basically the product of a little cycle that we go through many times every day. That cycle looks like this:

TRIGGER > ROUTINE > REWARD.

For most habits, the reward is a short-term positive feeling or outcome. In order to break bad habits, we need to have a plan to avoid the triggers and rewrite the story in our minds about the rewards.

### *Activity: Identify Triggers + Rewards*

1. Write out the trigger and reward for one of the most important negative habits you have.
2. Write down one idea for how you avoid it..
3. Now write out a sentence you'll use when the trigger comes along to tell yourself a different story.

HABIT: \_\_\_\_\_

TRIGGER: \_\_\_\_\_

REWARD: \_\_\_\_\_

HOW I COULD AVOID THE TRIGGER: \_\_\_\_\_

NEW STORY: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## STEP 3. CREATE POSITIVE NEW HABITS

Creating new habits to replace your old ones often makes the growth process a whole lot easier. It takes on average 21-66 days to create new habits. After that point, you barely have to think about it to keep up the momentum towards your goals.

But creating new habits can be hard, that's why it's a good idea to create additional rewards for sticking to your good habits. For example, if you're able to go a week without eating junk food, you can reward yourself with something you really want like a new gadget or book, or album.

If you're struggling to come up with new habits, here are a few examples based on the habits of successful entrepreneurs:

- Create and review your goals daily, weekly, monthly
- Write in a gratitude journal daily
- Write down 3 things you did well during the day
- Do one thing that scares you every day
- Take time out every day to read

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## STEP 3. CREATE POSITIVE NEW HABITS

### *Activity: Set up a New Habit*

1. List one positive activity you're doing every now and then that you want to turn into a habit.
2. List one completely new habit you'd like to create.
3. Write down the long-term benefits of doing each activity daily.
4. Create a daily plan of action that helps you avoid or work around the most harmful negative habit triggers.
5. Write down at least one short-term progress reward that you'll give yourself for sticking with your new habit. Make sure these are exciting enough to motivate you. Pick the most exciting one and write it down somewhere you'll see it during the day.

**POSITIVE ACTIVITY #1:** \_\_\_\_\_

**NEW HABIT #1:** \_\_\_\_\_

**BENEFIT:** \_\_\_\_\_

**DAILY PLAN:**

\_\_\_\_\_  
\_\_\_\_\_

**PROGRESS REWARDS:** \_\_\_\_\_

\_\_\_\_\_