**Building Healthy Habits**

**Purpose** Habits shape the foundation of our daily lives, influencing our productivity, health, and happiness. This worksheet provides tools to help you establish and maintain positive habits while breaking unhelpful ones.

**What are Habits?** Habits are repeated behaviors that often become automatic over time. They are formed through a cycle of cues, routines, and rewards. Understanding this cycle is key to creating and sustaining positive habits.

**Step 1: Understand the Habit Loop** The habit loop consists of three parts:

* **Cue**: The trigger that initiates the habit.
* **Routine**: The action or behavior performed.
* **Reward**: The positive outcome reinforcing the habit.  
  **Example**
* **Cue**: Feeling tired in the afternoon.
* **Routine**: Drinking coffee.
* **Reward**: Increased energy and focus.  
  **Exercise** Reflect on one habit you’d like to change or create. What is its cue, routine, and reward?
* **Cue**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Routine**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Reward**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2: Set SMART Goals for Your Habits** Effective goals are Specific, Measurable, Achievable, Relevant, and Time-bound.  
**Exercise** Write a SMART goal for a habit you want to develop:

* **Example**: "I will walk for 30 minutes every morning for the next 4 weeks."
* **Your SMART Goal**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3: Start Small for Lasting Success** Small, manageable steps make it easier to stick with new habits.  
**Tips for Starting Small**

* Choose one habit to focus on at a time.
* Begin with a micro-action (e.g., doing one push-up instead of a full workout).  
  **Exercise** Identify a small step to begin your new habit today:  
  Small Step: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 4: Track Your Progress** Monitoring your progress helps reinforce the habit and keeps you motivated.  
**Methods to Track Habits**

* Use a habit tracker or calendar to mark each day you complete the habit.
* Journal about how the habit makes you feel and any challenges you face.  
  **Exercise** Create a 7-day habit tracker below:

| **Day** | **Completed? (Yes/No)** | **Notes** |
| --- | --- | --- |
| Day 1 |  |  |
| Day 2 |  |  |
| Day 3 |  |  |

**Step 5: Overcome Challenges** Obstacles are a natural part of habit formation. Anticipating them helps you stay consistent.  
**Common Challenges and Solutions**

* **Lack of Motivation**: Set reminders or find a habit buddy for accountability.
* **Forgetting the Habit**: Place visual cues where you’ll see them (e.g., a sticky note reminder).
* **Feeling Overwhelmed**: Scale back the habit to a smaller, more achievable step.  
  **Exercise** List one potential challenge and how you’ll address it:  
  Challenge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  Solution: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 6: Reward Yourself** Positive reinforcement makes habits stick. Choose rewards that align with your goals and celebrate small wins.  
**Example Rewards**

* Watching an episode of your favorite show after a workout.
* Treating yourself to a relaxing bath after completing a week of your habit.  
  **Exercise** Write down a reward you’ll give yourself for completing a habit for one week:  
  Reward: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Conclusion** Building healthy habits is a journey of small, consistent steps. By understanding your habit loop, setting clear goals, and celebrating progress, you can create lasting changes that enhance your life. Even when challenges arise, every effort you make brings you closer to success. Start today with one habit, and watch how it transforms your routine and mindset over time. What habit will you begin shaping today?