

Habit Formula

Habit = (Trigger + Behavior + Reward) x Time

Step 1:

Things I Like to do
1.

Step 2:

My Goal

Step 3:

The Behavior I Need to Reach My Goal
(What, when, how long, and how often?)
What? - I will
When? -
Where? -
How often? -

Step 4:

Reward
I Get: -

Step 5:

Trigger What will remind me?

MY HABIT PLAN

Enter all colored elements from above

When...	
I will...	
Then I will get...	

Advanced Mode:

Who will you check in with, and when?	
What will you get for completing a streak? How long is the streak?	
What negative consequence will you have to deal with every time you don't do it?	
*How will you track your progress?	

Remember... when things don't go exactly as planned, DON'T QUIT!
Find the flaws, fix the plan, and recommit.