



**What is a habit?**

- An acquired behaviour pattern regularly followed until it has become almost involuntary
- Customary practice
- A dominant or regular disposition or tendency; prevailing character or quality

**What are your habits?**

Use the table below to identify the habits that you already have (whether they are helpful or unhelpful), think about what the triggers/ series of events for those habits are and how you could possibly use this information for developing a habit that you want to develop

Habit	Trigger / series of events for this habit	How could this information help you?

## The Drill – know why you want to develop a positive habit

We often start a new habit because we think we should. We know it's beneficial to look after our mental and physical health, to be more organised and productive, to be less wasteful. Mostly because other people have told us so!

If you're starting a new habit because you "should", when the elusive willpower wears off and the going gets a little bit tougher you won't have a reason to keep going. But if you start off understanding why you want this new habit, these reasons will inspire you to overcome any obstacles and maintain the habit.



When someone buys a drill, what do they want?

They probably don't just want a drill, or even just a hole. They might want to hang a picture. What reasons might they have for hanging a picture? What might they get from being able to see that picture hanging on the wall? What are the benefits of that?

Use this principle for the next exercise

**Write down a habit that you would like to develop, then answer each question based on your response to the previous one:**

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What's the first reason that comes to mind?

What are the benefits of that?

And what do you get from that?

And what's important about that?

And what's meaningful about that?

You can repeat one or more of these questions until you get to your ultimate reason, the reason that will inspire and motivate you to keep going

You can re-do this exercise for any habit you want to develop

## Developing a habit

Think about the habit you'd like to develop and use these techniques to complete the boxes below to help create a plan:

- Linking habits  
*e.g. After I brush my teeth I will also floss*
- Tell your brain what will happen – be as specific as you can  
*e.g. I will change into my running gear at 6pm in the bedroom*
- Set / remove cues  
*e.g. leave the floss beside your toothbrush*
- Reframe thoughts  
*e.g. change "I have to go for a run" to "I get to improve my fitness"*

### Helpful habit to develop:

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How can you make it easier?

How can you make it more appealing?

How can you make it more rewarding?

What's the first step in the process? How will you remember to do it?

What are your unhelpful thoughts about taking these actions?

How can you look at those differently / reframe them?

## Tracker

Use the tracker to reflect on how you feel about your habit development on a daily basis, and to jot down any key things you realise along the way

M	T	W	T	F	S	S
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