CHEAT SHEETS FOR LIFE

HABIT PLANNER

DESIRED HABIT

Frame your habit in this way: I will do (habit) at (time) in (place) every (frequency).

WHY I'M DOING THIS

What is your purpose behind introducing this habit?

ACCOUNTABILITY

Select an accountability partner to follow up on whether you perform your habit. Both you and your accountability partner should sign here.

SHAPING THE SPACE

How can you shape you environment to make it easier to perform this habit?

TRIGGER

Is there an existing habit you can pair with or another cue you can use as a reminder to perform this habit?

TAKING ACTION

Place a tick each time you practice your habit as planned. If you do not, leave a blank.

S	M	T	W	T	F	S
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○	○	○	○	○	○	○
○	○	○	○	○	○	○
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STAKES

What consequence will you undertake in the event you do not follow through on the habit?