

Changing Habits

“If you want freedom, practice discipline.” –Anne Lamott

Creating a Habit

1. What routine would you like to have?

2. Why is this habit important to you?

3. What cue or trigger will you use?

4. What reward will you use?

5. How much pleasure will it bring?

Scale of 1-10: _____

Is that a strong enough reward? If not, adjust:

Adaptation Note:

Remember you adapt to the cue and rewards so remember to create alternatives!

Changing a Habit

1. Identify the habit.

2. Identify the craving or trigger for the habit.

3. Why is this important for you to change?

4. Identify the current reward:

How much pleasure does the original reward bring?

Scale of 1-10: _____

5. Identify a new routine:

6. Identify a new reward:

How much pleasure does the original reward bring?

Scale of 1-10: _____

Pain vs. Pleasure Check: Is new reward more pleasurable than old? If not, adjust:

Key Habit Concepts Review

1 Neuroplasticity	2 Evolution	3 Strategy	4 Getting Stuck	5 Mechanisms
Habits can't be destroyed. You can only make new ones.	Habits and adaptation are useful evolutionary tools.	Strategically using habits can free up mental energy.	When we get stuck in a habit it can manifest as an addiction or an obsessive tendency.	Understanding the mechanisms of habit enables us to create and change them.