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# CHANGE YOUR HABITS

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## WORKBOOK

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# GET STARTED

What habits do you want to develop or change?

Download and/or print the Habit Formation Worksheets. You can use these worksheets to track your progress, identify triggers, and evaluate your success in building new habits.

1. Start with the Habit Formation Goal Setting Worksheet. Fill in the required information, including the habit you want to develop or change, the reason for choosing this habit, the start and end dates, specific action steps, anticipated obstacles, and strategies for overcoming obstacles.
2. Use the Habit Tracker Worksheet to track your progress. Fill in the date, habit goal, completion status, and notes or reflections for each day.
3. Use the Weekly Habit Review Worksheet to evaluate your progress on a weekly basis. Fill in the week number, habit goal, number of successful days, challenges faced, wins or achievements, and plans for improvement in the following week.
4. Use the Habit Trigger Identification Worksheet to identify triggers that may be causing you to engage in your old habits. Fill in the situation or context, trigger, habitual response, and alternative response for each trigger.
5. Use the Habit Formation Progress Evaluation Worksheet to evaluate your progress over time. Fill in the date or milestone, habit goal, level of success, factors contributing to success or setbacks, lessons learned, and next steps or adjustments for future success.
6. Review your progress regularly and make any necessary adjustments to your action plan. Celebrate your successes along the way and stay motivated to reach your habit formation goals.

By following these instructions and consistently using the Habit Formation Worksheets, you can develop and change habits effectively and achieve your desired outcomes.

# GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

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ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WHY IS THIS HABIT

IMPORTANT TO YOU?

ANTICIPATED OBSTACLES

STRATEGIES FOR  
OVERCOMING OBSTACLES



# GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

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ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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# GOAL SETTING

WHAT HABIT DO YOU WANT TO DEVELOP OR CHANGE?

START & END DATE

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ACTION STEPS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WHY IS THIS HABIT

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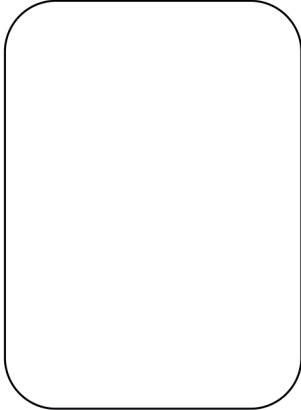
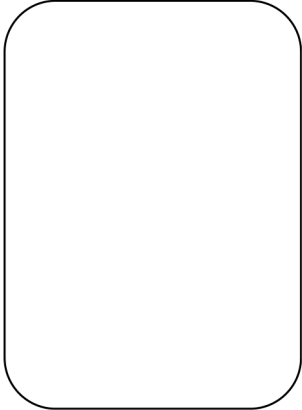
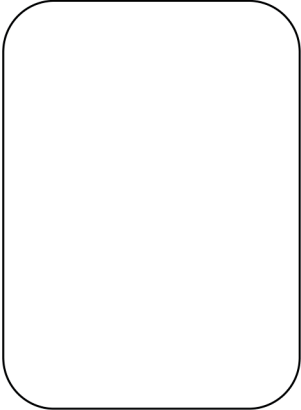
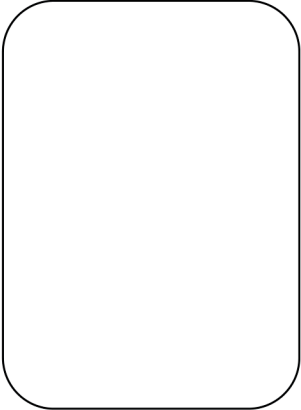
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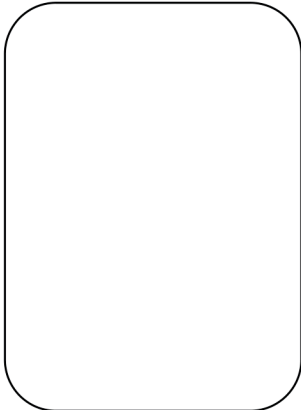
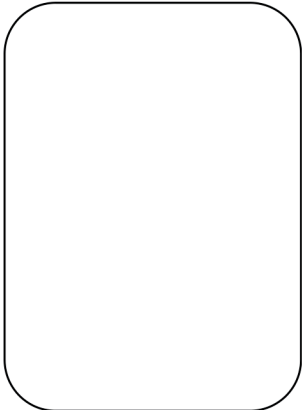
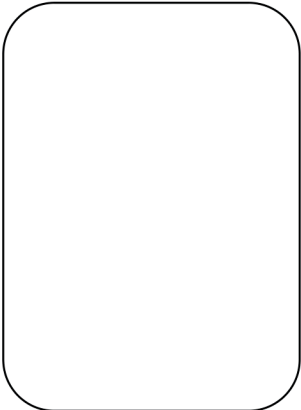
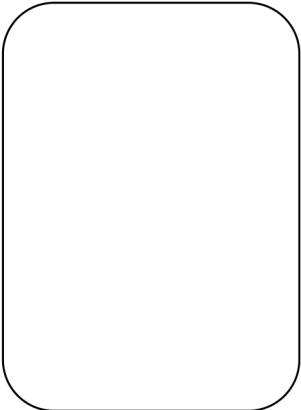
STRATEGIES FOR  
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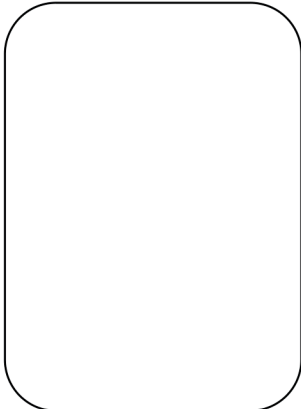
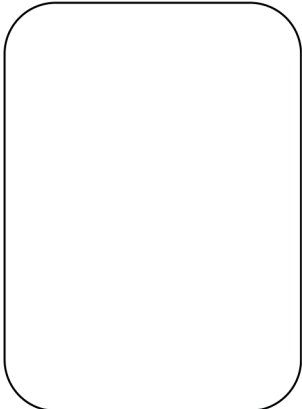
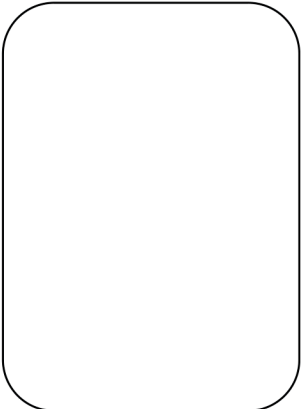


# HABIT TRIGGER

## IDENTIFICATION WORKSHEET

	Situation	Trigger	Habitual Response	Alternative Response
Habit:				

	Situation	Trigger	Habitual Response	Alternative Response
Habit:				

	Situation	Trigger	Habitual Response	Alternative Response
Habit:				

# HABIT TRACKER

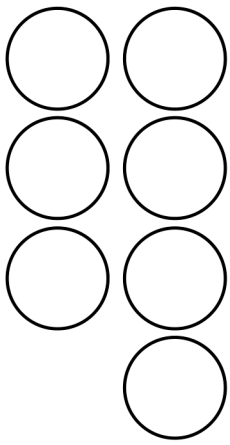
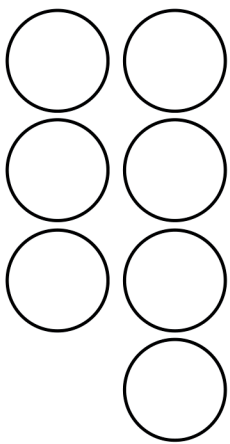
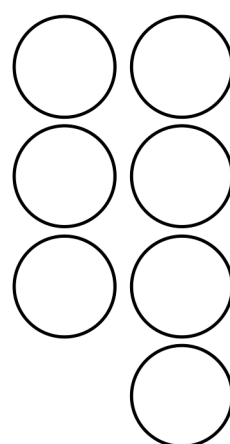
WEEK \_\_\_\_\_



	HABIT GOAL	COMPLETION	NOTES
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# WEEKLY REVIEW

WEEK \_\_\_\_\_

	Successful Days	Challenges	Achievements	Tips For Next Week
Habit:				
Habit:				
Habit:				



# HABIT TRACKER

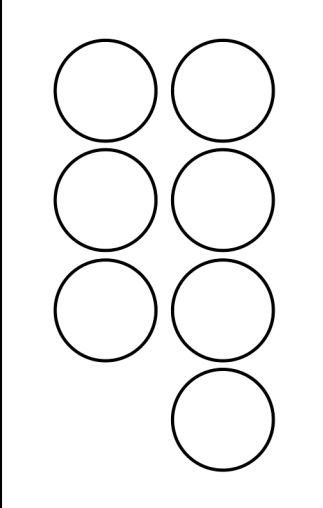
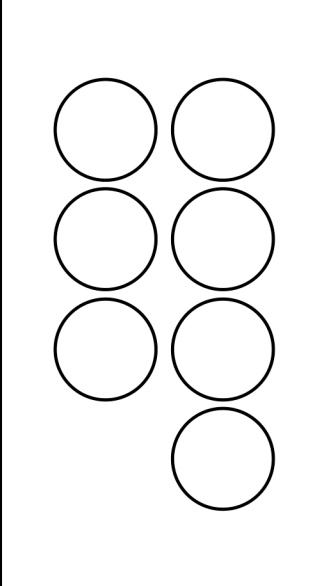
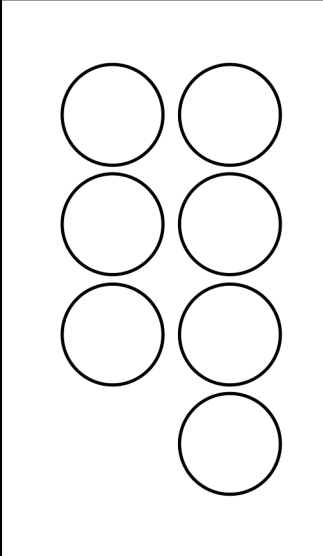
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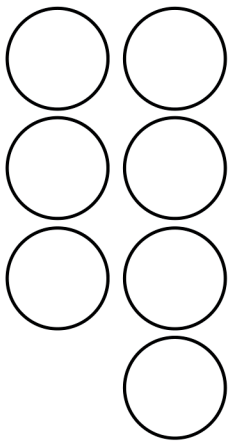
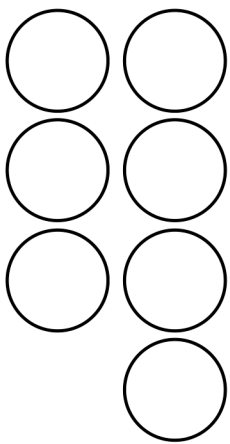
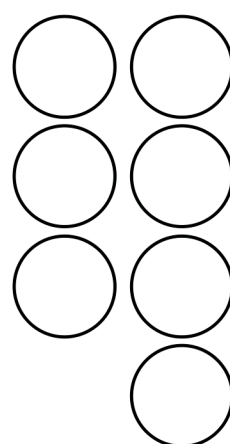
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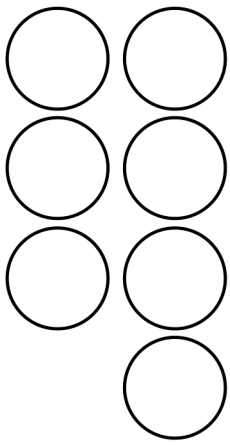
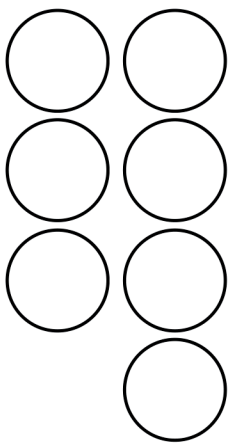
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