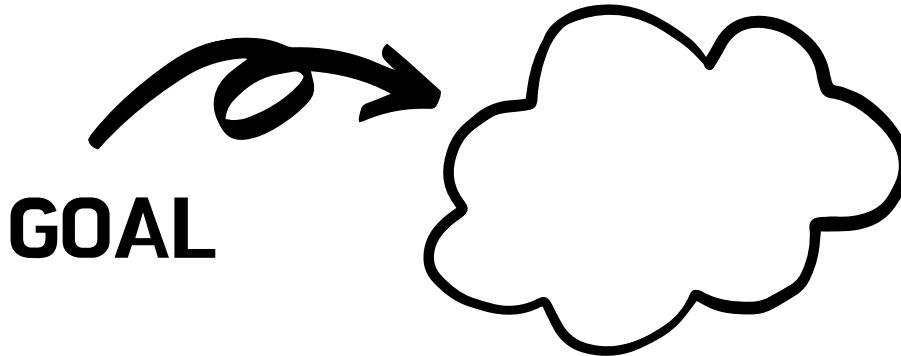


# HABIT PLAN

Think about the habit you want to change. Developing new healthy habits is an important step towards achieving your goals.



## STEP 1 - understanding the habit

Identify the habit you would like to change: \_\_\_\_\_

When did the habit begin? \_\_\_\_\_

When do you usually engage in such behaviour? \_\_\_\_\_

What is the cue that triggers the behaviour? \_\_\_\_\_

How happy or unhappy does the habit make you feel? \_\_\_\_\_

## STEP 2 - connect existing and new habit

After understanding the habit you would like to change and the cues that trigger it, you can start creating a plan how to form a new habit. You can do that by creating a connection between the existing and new habit.

After I \_\_\_\_\_, I will \_\_\_\_\_.  
*existing habit (e.g., have a breakfast)      new habit (e.g., do 15 squats)*

## STEP 3 - Reward yourself

Whenever you are successful, it is important that you treat yourself to a small reward. Make sure that the reward is not contradicting the new habit (e.g., treating yourself to a big slice of cake after avoiding sugar in coffee). Also, make sure you chose a reward that is easily accessible at all times.

After I \_\_\_\_\_, I will \_\_\_\_\_.  
*new habit (e.g., do 10 squats)      Reward (e.g., relax for 10 minutes)*