

Today it begins...

The habit I want to break. Define this in a way that is most motivating to you:

How I'll know when the habit is broken: _____

How I will manage stress in general (consider prayer, exercise, getting the right amount of sleep, working smart instead of hard, naps, play, relaxation techniques, etc.):

What ritual I will use to mark a distinct beginning point:

How I will eliminate boredom and distract myself:

What triggers my bad habit? Is there a time, place, situation, sort of company, or anything else that makes my bad habit more likely?

How can I remove, avoid, or prepare for those triggers so that they don't induce me to engage in the behavior?

What good behaviors can I use to replace the bad one?

How can I make those good behaviors easier to engage in? How will I reward them?

How can I make the bad habit annoying or bothersome to engage in?

What “tricks” can I use to break this habit?

Whom can I turn to or where can I go for help in breaking this habit? Are there any support groups that could help?

What can I change about my environment to “change things up” and make it feel unlike “the place where I used to engage in the bad habit”?

What words of motivation and/or symbol will I use to keep myself motivated? Where will I put them so I’ll see them?

You can do it!