

Psych for Life®



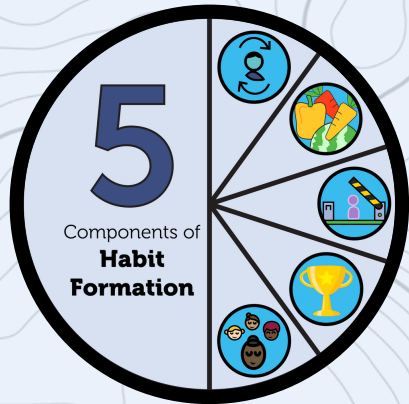
# HABITS

Starting a New Habit



# WELCOME TO THE PSYCH FOR LIFE® **HABITS MODULE!**

This guide will help you:



(1) Learn to incorporate the 5 components of habit formation.

(2) Track your habits using our habit tracker.



(3) Get back on track when you miss a day.



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**Watch the videos here:**

<https://psych4life.net/habits-intro/>



# GOALS VS. HABITS



## Goals

*Goals are things you want to accomplish.*

### 1. Write any goals below:

I want to...

### 2. If you wrote more than one goal, which goal do you want to start with?

My most important goal is...



## Habits

*Habits will help you achieve your goal.*

### 3. What behaviors can help achieve your goal?

To achieve this goal, I can...

### 4. How will this habit help you complete this goal?

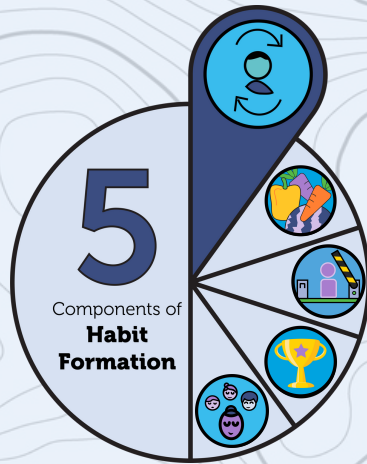
Achieving this goal will help me to...

*Research has shown imagery techniques can help us learn new skills (Davidson-Kelly, 2015; Frank, 2021; Saeidikia, 2020).*



**Watch the video here:**

<https://psych4life.net/habits-module/>



## Component #1

### Repeat Behaviors

*The more a behavior is repeated, the faster it becomes an unconscious habit.*

**Thinking about the habit you want to build, answer these questions:**



**1. I will perform this habit on the following days:**

Monday at : AM/PM

Tuesday at : AM/PM

Wednesday at : AM/PM

Thursday at : AM/PM

Friday at : AM/PM

Saturday at : AM/PM

Sunday at : AM/PM



**2. I will engage in this habit:**

At Home

In the *(bedroom, kitchen, etc.)...*

At Work

In the *(office, break room, etc.)...*

Outside

At the *(park, hiking trail, etc.)...*

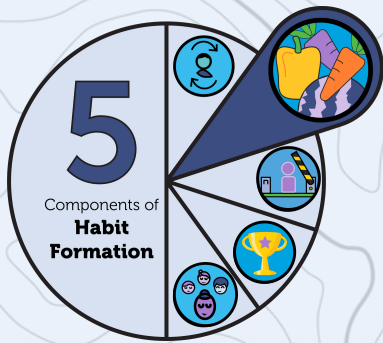
Other:

At the *(gym, restaurant, etc.)...*



**Watch the video here:**

<https://psych4life.net/how-can-i-start-a-new-habit/>






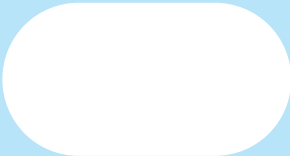


## Component #2

### Make Cues Noticeable

Reminders such as **time** and **place** can trigger a behavior.

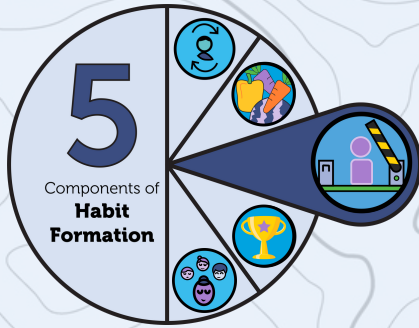
**Choose ways to make your habit's cues more noticeable.**

	Cue:	Ways to make it more noticeable:
 Visual Cues	I will perform the habit when I see... 	<input type="checkbox"/> Place notes reminding me to do the habit. <input type="checkbox"/> Place needed supplies for habit in the same place every day. <input type="checkbox"/> Set daily reminders on my phone.
 Temporal Cues	I will perform the habit right after I complete... 	<input type="checkbox"/> Performing the habit at the same time and place everyday. <input type="checkbox"/> Place supplies for habit around other items I regularly use. <input type="checkbox"/> Place supplies for my habit where I will be when performing it.
 Social Cues	I will perform the habit when I am with... 	<input type="checkbox"/> Participate in social clubs. <input type="checkbox"/> Form or rely on positive relationships to motivate me. <input type="checkbox"/> Discuss my habits and goals with my friends and family.



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### Component #3

## Minimize Barriers

*Tailoring your environment to minimize barriers.*

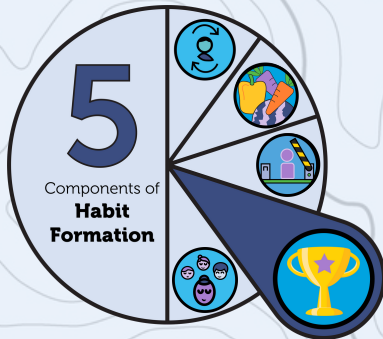
**When coming across a challenge, choose ways to overcome it.**

	 Barrier	 How to minimize barrier
 Visual Cues	Performing this habit is difficult because... <input type="text"/>	<input type="checkbox"/> Making needed supplies available, and easy to reach.
		<input type="checkbox"/> Performing the habit at the appropriate place and time.
		<input type="checkbox"/> Making the habit fun.
 Temporal Cues	Finding time for this is difficult because... <input type="text"/>	<input type="checkbox"/> Incorporate habit into routine.
		<input type="checkbox"/> Adjust routine to make time for the habit.
		<input type="checkbox"/> "Piggyback" or combine my new habit with another habit.
 Social Cues	This habit would be easier if I surround myself with... <input type="text"/>	<input type="checkbox"/> Ask others to praise me for my efforts.
		<input type="checkbox"/> Make it rewarding for others to help me with my habit.
		<input type="checkbox"/> Create boundaries with others who hinder my progress.



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## Component #4

### Give Yourself Rewards

*Rewarding yourself during or after the habit encourages you to repeat that behavior again.*



**1. Write down 3 rewards that can help you stick with this habit:**



**2. When will you get the reward?**

I will give myself the reward immediately after completing my habit.

I will give myself the reward after a week of completing my habit every day.

I will give myself the reward after 3 days in a row of completing my habit.

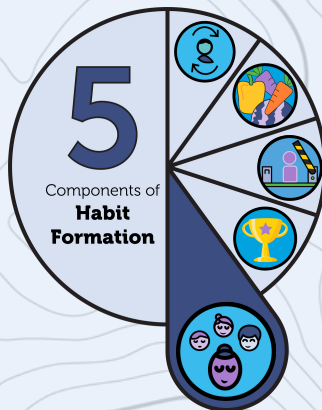
Other:



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<https://psych4life.net/how-do-we-stick-to-our-new-habit/>





## Component #5

### Find an Accountability Partner

*Someone who will help you stick to your habit.*

#### 1. Who can help me stick to my habit?



#### 2. How will I work with my accountability partner?

- My partner and I will remind each other to engage in the habit.
- I will check in with my partner before engaging in the habit.
- I will engage my habit with my partner.
- I will check in with my partner after engaging in the habit.



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# PLAN AND TRACK YOUR NEW HABIT

Use this section of the guide for the next **five days** as you begin your new habit. You can print out this page and keep it on your bedside table for easy access!

- Fill out the "**Plan** your habit" section **at the start** of your day; pg.9.
- Fill out the "**Track** your habit" section **at the end** of your day; pg.10.

What habit do you want to track?

## Plan your habit

	 When will I complete it?	 Where will I complete it?	 How will I minimize potential barriers?	 What will I reward myself with after?
Day 01				
Day 02				
Day 03				
Day 04				
Day 05				



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- Fill out the "**Track** your habit" section **at the end** of your day; pg.10.

What habit do you want to track?

Track your habit			
	 Did I stick to my habit?	 If not, was there a reason?	 How did I discuss with my accountability partner?
Day 01			
Day 02			
Day 03			
Day 04			
Day 05			



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# WHAT TO DO IF YOU MISS A DAY

*Missing days every once in a while is normal.  
You don't need to start over when you miss those days.*



**1. Take a moment and describe what you have accomplished.**

I accomplished...



**2. Is this habit linked to a goal that is still a priority?**

Yes

No

*If you answered "no," write down a habit that will help you achieve your goal!*

To achieve my goal, I can...



**3. Looking back on the days you missed, was it because of factors within your control?**

Yes

No

*For factors not within your control, pick a new start date and try again!*

I will start again on...

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

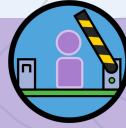


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**For factors within your control, ask yourself the following questions:**



*Was the behavior easy to engage in?*

Yes  No



*Did you start by changing your behavior in small steps?*

**OR**



*Were you overly ambitious in trying for a big change?*



**What ways can you reduce the intensity of the habit behavior?**

I can break my habits down by...



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**For factors within your control, ask yourself the following questions:**



*Did you have an accountability partner?*

Yes

No



*If so, did you both actually keeping each other accountable?*

Yes

No



**What ways can you and your partner better hold each other accountable?**

We can start working together on...



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## For factors within your control, ask yourself the following questions:



*Did you make a specific plan about when, where, and how to carry out the behavior?*

Yes

No



*Did the context cues catch your attention?*

Yes

No



*Did you reward yourself for the habit?*

Yes

No

## What ways can you:

### Make the reminders of the habits more noticeable?

I will perform this habit when I see...

I will perform the habit right after I complete...

I will perform the habit when I am with...

### Set up the environment to make the habit easier?

I can place needed supplies for my habits...

### Give yourself more rewards?

After completing my habit, I will reward myself with...



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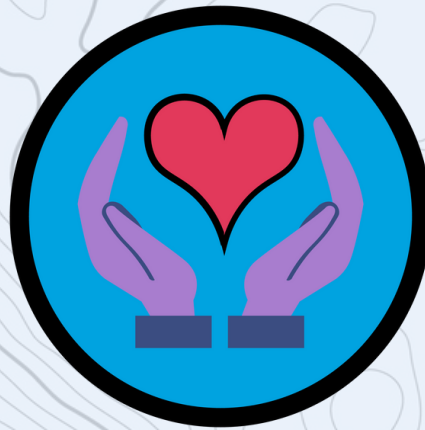


Thank you

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FROM THE PSYCH FOR LIFE® TEAM  
**THANK YOU.**



Thank you for your hard work! We hope this **Habits Module** helps you along your path. Our team strives to help provide the tools to develop personal growth, healthier relationships and career success.

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**WE'D LOVE TO HEAR FROM YOU!**

Please contact us at **hello@psych4life.net** with any questions or comments you may have.