

30 Day Habit Development Guide

For now, your goal is the habit itself, not the results.

Describe the habit you want to start doing: _____

Describe the habit you are replacing (if applies): _____

What are the triggers that precede this habit? _____

What reinforcement or accountability system can you use to support this habit? _____

Day	Successful Today?	How does that make you feel?	What triggered the action?	What support is needed?
1	Y N			
2	Y N			
3	Y N			
4	Y N			
5	Y N			
6	Y N			
7	Y N			
8	Y N			
9	Y N			
10	Y N			
11	Y N			
12	Y N			
13	Y N			
14	Y N			
15	Y N			
16	Y N			
17	Y N			
18	Y N			
19	Y N			
20	Y N			
21	Y N			
22	Y N			
23	Y N			
24	Y N			
25	Y N			
26	Y N			
27	Y N			
28	Y N			
29	Y N			
30	Y N			

Guided Instructions

1. Describe the habit you want to start doing, with as much specific detail as possible.

Example: I want to exercise for 30 minutes every Monday, Wednesday, and Friday morning. This could include walking, running, stretching, or attending a workout class.

2. Describe the habit you are replacing.

Since we likely already have a morning routine, we'll need to identify the 30 minutes we want to replace. Maybe it's watching the morning news.

3. Identify the triggers that precede this habit. Triggers are powerful. They're linked behaviors that subconsciously lead us from one activity to the next. In order to change a habit, we'll also need to change the trigger that precedes it.

In our morning routine, maybe we turn on the television before we step into the bathroom so that we can listen to the news while we get ready. And we often find ourselves perched on the end of the bed watching with fascination or horror at the events of the night before.

In order to replace our television watching time with exercise, we'll need to remove this trigger. Possibly we can remind ourselves to simply not turn it on in the morning, but that will take willpower. An even better solution would be to remove the television from that location.

4. Plan an accountability system or reinforcements that you can use to supplement your willpower.

Since we know that willpower is depletable, we want to require as little of it as possible. Continuing with our exercise example, here are some things we could do to increase our chances of success:

- Place our workout clothes and shoes in the first location we see upon waking.
- Schedule a neighbor to meet us outside to walk together.
- Sign up for a fitness class, and ask the instructor to send us a text reminder 30 minutes before it begins. (Or use an automated system to send yourself reminders or inspirational quotes.)

5. Track your progress each day.

Record your success and the factors that contributed to them. If you get off track, don't feel guilty. Identify the culprit and brainstorm the triggers and reinforcements that will support you.