



Habit Loop Worksheet, from Charles DuHigg, Power of Habit

Location:

Time:

Emotional State:

Who else is around:

What was I doing just before:

3 words:

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When you feel the inclination to engage in “the habit”...grab this worksheet. You will need a reminder to use the worksheet. Use the alternate reward that should provide the same reward as your usual habit.

When you are finished, jot down the first 3 words that pop into your head. Don’t think too much about them, just write them down. Wait 15 minutes, if you want the “original reward”, you haven’t isolated the reward yet. If you no longer want the object of the habit- you have isolated the reward and found an alternative behavior that gives that reward.

Using this sheet requires you to review it and observe your results!