My Habit Plan

One habit, one cue, one tiny first version. Repeat it in the same place.

Name: _____ **Date:** _____

1 The habit What I want to build or break, and why it matters to me

☐ I want to build a new habit ☐ I want to break an old habit

The habit, exactly: _____

Why it matters to me: _____

The tiny version (two minutes or less): _____

Where I will do it: _____

2 The cue Tie it to something I already do every day, in the same place

After I (something I already do daily): _____

I will (the tiny version): _____

Time of day: _____

What makes it feel good right away: _____

_____

3 Make it easy, make the old one hard Change the setting, not just my willpower

What I will set up to make the new habit easier: _____

Breaking a habit? The cue that sets it off: _____

What I will do instead when that cue shows up: _____

What I will remove, hide or make harder: _____

If-then plan 1 (if … then I will …): _____

If-then plan 2: _____

If I miss a day, then I will: _____

Who can help or remind me: _____

_____

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My Habit Tracker

Tick each day I do it. Once a week, rate how automatic it feels.

Name: _____ **Date:** _____

1 12 week tracker (84 days)

Missing one day does not undo the habit. Just do it again next time.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Automatic? (0 to 10)
Week 1	☐	☐	☐	☐	☐	☐	☐	
Week 2	☐	☐	☐	☐	☐	☐	☐	
Week 3	☐	☐	☐	☐	☐	☐	☐	
Week 4	☐	☐	☐	☐	☐	☐	☐	
Week 5	☐	☐	☐	☐	☐	☐	☐	
Week 6	☐	☐	☐	☐	☐	☐	☐	
Week 7	☐	☐	☐	☐	☐	☐	☐	
Week 8	☐	☐	☐	☐	☐	☐	☐	
Week 9	☐	☐	☐	☐	☐	☐	☐	
Week 10	☐	☐	☐	☐	☐	☐	☐	
Week 11	☐	☐	☐	☐	☐	☐	☐	
Week 12	☐	☐	☐	☐	☐	☐	☐	

2 Monthly review

Every four weeks, look at the ticks, not at how I feel today

What helped most: _____

What got in the way: _____

One thing I will change (cue, tiny version, setting): _____

_____

Good to know

1. Not a test or a diagnosis. It gives no score.
2. In one study, habits took a median of 66 days to feel automatic, with a range of 18 to 254. Slow is normal.
3. Automatic means I do it without much thought or effort. That rating matters more than a perfect streak.
4. If a habit is tied to addiction, self harm, an eating problem or hair pulling, please bring this page to a professional.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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