

TRADING BAD FOR BETTER

WORKSHEET 2



Most bad habits are caused by stress or boredom.



James Clear

Review the 5 habit triggers in the table below. Use the blank table to design a better habit. Schedule your habit in your calendar for the next month or two to ensure your success.

The 5 Habit Triggers	Example
Emotional	When I am sad, I...
Prior Action	Before I floss, I...
Other People	When my spouse comes home, I...
Specific Time	At 6 pm, I...
Specific Place	When I get to work, I...

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Bad habit you want to change	Identified Trigger (Which of the 5 triggers?)	Identified Reward	Better Habit
Ex. Eating chocolate to take a break from work.	Emotional trigger when I feel frustration or excitement.	Emotional pacification due to chocolate (sweet taste)	Ex. Eat celery and raisins