

HACK YOURSELF | ACTIVITY SHEET 6 - HABIT PLANNER

Here is your opportunity to list the good habits you'd like to have or build on, and the bad habits you'd like to stop doing.

GOOD HABIT BUILDER

	What Habit You Want to Build	How Can I Tie this to an Existing Habit	What Small step Can I start doing Now	Repeat for 1, 5, 7, 10, 30 days
	<i>Example – I would like to read more books, specifically on health and wellbeing.</i>	<i>I already wake up early in the for an early morning walk before work/school...</i>	<i>I will listen to an audiobook while i am walking. I will take a book to read on my lunch break</i>	<i>5 day – X February 7 days – X February 10 days – X March 20 days – X April 30 days – X May</i>
1				
2				
3				
4				
5				

HACK YOURSELF | ACTIVITY SHEET 6 - BAD HABIT BREAKER

BAD HABIT BREAKER

	What Habit You Want to Break	How Can I Separate This from an Existing Habit	How Small Step can I Stop Doing Now	Repeat for 1, 5, 7, 10, 30 days
	<i>Example - I would like to stop eating so much refined sugar</i>	<i>I buy candy and biscuits when I go to the supermarket, I have to go but I shouldn't go down that aisle anymore</i>	<i>I will not go down the sweet confectionary aisle. I will throw away the sweets and biscuits in my drawer at work</i>	<i>5 day – X February 7 days – X February 10 days – X March 20 days – X April 30 days – X May</i>
1				
2				
3				
4				
5				