

66 DAYS TO MAKE A HABIT

Identify:
 1-the cue
 2-the routine
 3-the reward
NEW routine

COSTS
time
\$
effort



Add up **more benefits**
than costs

BENEFITS
 reasons to do it

- _____
- _____
- _____
- _____
- _____
- _____

S	<i>specific</i>
M	<i>measurable</i>
A	<i>achievable</i>
R	<i>Rewarded</i>
T	<i>time-bound</i>

Why?

When?

Where?

Add incentives ▾

INCENTIVES/REWARDS	Intrinsic (internal)	Extrinsic (external)
Positive attract	Quadrant I Affirmations, Meaning, Progress, Competence, Mastery, Wisdom	Quadrant II Intangible: Recognition, belonging, autonomy Tangible: good grades, \$-Bonus
Negative avoid	Quadrant III Negative self-talk, learned helplessness, fixed mindset	Quadrant IV Intangible: Negative feedback, Tangible: bad grades, \$-Swear jar

BIG GOAL



Steps

1. _____
2. _____
3. _____



Reduce temptations...
 how?

PLAN B: WHEN TEMPTED, I WILL...

TODAY ▾	✓	THIS WEEK ▾	✓	THIS MONTH ▾

WHEN MOTIVATION IS

LOW ▾

MEDIUM ▾

HIGH ▾

choose a
 growth
 mindset

Turn off
 distractions

Take
 action!

Take a
 break



Take a
 small step



COUNTDOWN TO SUCCESS						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33		
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33		

Seinfeld Tool

Don't break the chain!



YAY!!!
 choose a new goal