

(name  $\Rightarrow$ )

Score your habits on whether they're beneficial (+), detrimental (-) or neutral (=).

[illegible]

# Implementation Intentions + Habit Stacking

*Implementation Intention:* I will [BEHAVIOR] at [TIME] in/at [LOCATION].

- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.
- I will \_\_\_\_\_ at \_\_\_\_\_ in/at \_\_\_\_\_.

*Habit Stacking:* After I [CURRENT HABIT], I will [NEW HABIT]. Use this space to plan your habit stacking.

Need help? Use the below table to help find the right trigger for your habit stack. The best cue/trigger is one that is specific.

Habits (e.g., get out of bed; take a shower; brush teeth, etc.)	Things that happen to me (the sun rises; I get a text message, etc.)