



YOUR NEXT HABIT

With time and practice, it becomes easier and easier to create a complete, effective loop in real-time. Until then, use this worksheet whenever you want to develop a new habit.

1. Choose a Routine

Start with a routine you will **DO**, not *stop* doing. Consider how you might:

- Make it smaller.
- Make it more specific.

Create Your Next Loop

Write your routine in the blank Habit Loop on the last page of the document.

2. Implement Cues

Implement cues to trigger the routine. Consider each cue category below to identify the best triggers for your new routine. Write your responses in the spaces below.

PLACES: Where will I do this? What location might help cue my routine?

TIMES: What time is it? Should I set a notification or reminder?

OBJECTS: What item or thing do I see or experience? What object could I set out as a cue?

PEOPLE: Who else will/should be around?

FEELINGS: What feelings might be present, and how can they cue my routine?

PRECEDING EVENTS OR HABITS: Can I connect any existing habits to this new habit? Is there a recurring event I can use as a cue?

REDUCE THE NOISE: What cues might derail me? Can I remove these from my environment? If not, how can I reduce their influence and visibility?

Create Your Next Loop

Write your most compelling cue(s) on the last page of the document.

3. Select Your Rewards

Step 1: List a Possible Reward Idea

You may already have a reward in mind. If so, capture it here so you can test whether its reward story creates a desirable or satisfying emotion. If you don't have a reward already in mind, continue to step 2.

Step 2: Select Your Master Script

To make a reward more emotionally compelling, connect it to one of your Master Scripts. Which Master Script will work best for your new routine? Complete the following sentence.

To make my reward more compelling, I need to feel:

Step 3: Write a Reward Story

What reward story can you tell yourself—in the moment of the routine—that will create the positive emotional reward you need? Complete the “Three Rs of Revising Rewards” below to create one.

Recognize It—Consider your new routine. Is there something you currently do instead? If so, what story are you telling yourself in the moment that makes your current behavior rewarding? If not, do you already have a negative or neutral story about the new routine (e.g., “Exercise is hard, and I don’t like it”)?

Refute It—What’s wrong with that story? Or what other truth may contradict it?

Rewrite It—What is a new story you could tell yourself that is accurate, connects with one of your Master Scripts, and will generate a positive emotional reward?

Step 4: Give It ROI

If you captured a reward idea in step 1, look at it again. Do you feel it will give you the emotional reward you need? If not, revise it here:

Now that you identified a Master Script and a reward story, boost your reward's ROI. Capture how you can make it:

Ritualized

Obvious

Immediate

(Consider adding an extrinsic reward as a cue to tell your new reward story.)

Step 5: Write Your Reward

Capture a final version of your reward.

Step 6: Create Your Next Loop

Record your reward(s) on the last page.

How will changing or adopting this habit impact your life?

