

The Habit Designer Exercise

Start by identifying what you will need to do to create an environment where you'll be able to do your habit successfully - what you'll need to add, and what you'll need to remove. Next, write down the steps of the habit that you'll be practicing. Finally, identify what step you'll need to take to MAKE SURE you actually do your habit every day. It might be adding accountability, or making a public commitment, but make sure you complete this step!

What to do to create the environment where I'll be able to successfully do my habit:

The specific action steps of the new habit that I'm building:

What to put in place to make sure I do my habit - accountability or public commitment: