

Template: The Habits Scorecard

THE HABITS SCORECARD is a simple method you can use to become more self-aware and notice habits and behaviors that you may overlook. This is a method we discuss in detail in Chapter 4 of Atomic Habits.

To create your own Habits Scorecard, start by making a list of your daily habits. Start at the beginning of your day and write down each habit you do: wake up, turn off your alarm, make your bed, brush your teeth, etc.

You can make this list as long or as short as you would like, but I tend to find that a longer and more comprehensive list is more effective.

Once you have a full list, look at each behavior, and ask yourself, “Is this a good habit, a bad habit, or a neutral habit?”

- If it is a good habit, write “+” next to it.
- If it is a bad habit, write “-” next to it.
- If it is a neutral habit, write “=” next to it.

If you’re having trouble determining how to rate a particular habit, here is a question I like to use: “Does this behavior help me become the type of person I wish to be? Does this habit cast a vote for or against my desired identity?” Habits that reinforce your desired identity are generally good. Habits that conflict with your desired identity are generally bad. (For more on what makes a habit good or bad, consult Chapter 4.)

When creating your Habits Scorecard, there is no need to change anything at first. The goal of this exercise is not to change your behavior—even for the bad habits. The goal is to simply notice what is actually going on.

Feel free to use the template on the next page to create your Habits Scorecard.

