1. What’s Your Current Unhealthy Habit (Awareness)

Your Cue / Trigger
Just when the habit started. STOP AND ASK YOURSELF: What exactly triggered the habit?

Your Routine / Behavior
Write down the specific routine, process, behaviour you want to change?

Your Reward:
What cravings, emotions or values does this habit fulfill? What do you get out of it?

2. Create Your New Micro-Habit (Statement)

Consciously improve your trigger, routine or reward and form a new empowering and healthy micro-habit statement.

When ............................................. (trigger).

I am ............................................. (routine).

Because ............................................. (reward).

3. Practice Your New Micro-Habit (Repitition)

Put above new micro-habit into action. Establish a new unconscious behavior. Mark below calendar every time you complete one repetition.


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