

HEALTHY HABITS THAT STICK

HABIT CYCLE Worksheet

Complete this worksheet to create your habit cycle.



REMINDER	ROUTINE	REWARD
What action will trigger the new habit you want to create? Ex. Alert, alarm, or another habit	What is the new habit you want to create? Be specific, schedule it, see yourself doing your new habit	What is the benefit of your new habit? List the pleasure you will get or the pain you will avoid from your new habit