

New Habit Worksheet



Instructions: Use this worksheet to identify one new habit to improve your life, then start putting it into action!

1. Focus on One Aspect in Life That Needs Work

Take a moment to consider an aspect of your life that you would like to improve or change. In general, what's a current area in your life that needs improvement?

Examples: Work, Family, Health, Happiness

2. Brainstorm Small Habits

Now brainstorm 3-4 potential small habit changes you can make in this aspect of your life:

- _____
- _____
- _____
- _____

Examples:

HEALTH: Morning walks, Go to the gym, Cut out junk food

HAPPINESS: Spend more time in nature, journal daily, meditate

WORK: Plan each week, Go to bed earlier, Take smart breaks

3. Choose One Small Habit to Focus On for Now:

4. Make a SMART Plan

Now that you've chosen what small habit you want to change, it's time to put it into action! Research shows that "SMART" goal-setting is more likely to lead to future success. SMART means that a goal is:

- **Specific:** Goals should be specific and concrete so that you have a clear idea of what the new habit is. (For example, instead of saying "I want to be healthy," say "I want to go for a morning run 3 times per week.")
- **Measurable:** Find a way to measure your goal so that you can keep track of your progress. One easy way to do this is to ask yourself, "How much time would I like to spend on this habit per day or per week?" or "How frequently would I like to do this habit?" (Once per day? Once per week? Once per month?)
- **Attainable:** Try to set goals that are easy, convenient, and achievable so that you have a reasonable chance of success. If a goal seems impossible to achieve, try thinking in smaller chunks.
- **Relevant:** Are the goals you set relevant to your core values and priorities in life? Make sure goals fit into the "bigger picture" of what you want in life. Achieving goals for the sake of goals can be a waste of time and energy.
- **Time-Sensitive:** When appropriate, set a deadline for your goal. Once you reach the deadline, depending on whether you succeeded or failed, re-evaluate the goal and set a new one going forward.

Keeping in mind all the information above, write a goal that meets the SMART criteria:

GOAL:

Example:

“Go to the gym 3 times per week.”

“Plan 1 special date with spouse every month.”

“Spend at least 1 hour studying every day.”

5. Keep Track of Your Progress

Now that you've clarified your new habit and goal, it's helpful to find ways to [quantify your progress](#). This can include a habit tracker app, calendar, notebook, whiteboard, or a simple paper and pen. Every time you complete the habit, mark it down somewhere.

How will you track your progress?

6. Do Your New Habit One Time

The first step can be the hardest. Make it a goal to do your new habit at least once within the next week.

Completed new habit one time

Congratulations! You've completed the worksheet. Keep going and keep building on your new habit until it becomes automatic!