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Understanding Habits Worksheet

Objective: Learn what habits are and why they matter.

Definition: Habits are routines we do automatically.

Streamlined Tasks

They help us streamline daily tasks.

Aligned Values

Good habits align with values and strengths.

Why Are Habits Important?

Reduce Decision Fatigue

Reduce decision-making stress.

Foster Growth

Improve personal growth and happiness.

Replace Unhelpful Patterns

Replace unhelpful coping mechanisms.

Reflection Exercise:

1️⃣ List **3 habits** you already have (good or bad):

_____

_____

_____

2️⃣ Which habit helps you the most? Why?

_____

_____

_____

3️⃣ Which habit holds you back? How does it affect you?

_____

_____

_____

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Common Habit Mistakes & Misconceptions About Habits Worksheet

Objective: Identify common pitfalls in habit formation.

Common Mistakes:

- Relying on motivation and willpower.
- Setting goals too big.
- Focusing on intensity over consistency.

The ADHD Factor:

- ADHD brains struggle with motivation fluctuations.
- Sustainable habits should be small and automatic.

Exercise:

1️⃣ Think of a habit you struggled to maintain:

_____

_____

_____

2️⃣ What mistake above do you think caused the issue?

_____

_____

_____

3️⃣ How could you have approached it differently?

_____

_____

_____

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Mini & Tiny Habits Worksheet

Objective: Learn how small habits create big change.

Key Concepts:

1. Small, manageable steps.
2. Micro-actions anchored to existing routines.

Example:

Big Goal: "Exercise for 30 minutes daily."

✅ **Mini habit:** Walk for 3 minutes.

✅ **Anchor:** After having coffee.

Your Turn:

1️⃣ Choose a habit goal:

_____

_____

_____

2️⃣ Create a **mini version**:

_____

_____

_____

3️⃣ Anchor it to a routine:

_____

_____

_____

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Building Self-Efficacy Through Habits Worksheet

Objective: Strengthen your belief in your ability to form habits.

Self-efficacy = believing you can succeed.

Society's expectations may lower self-efficacy.

Mini habits rebuild confidence through small wins.

Exercise:

1️⃣ A time I successfully built a habit:

_____

_____

_____

2️⃣ How did it make me feel?

_____

_____

_____

3️⃣ A small win I think I can create this week to help with my confidence:

_____

_____

_____

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Creating Your Own Mini Habit Worksheet

Objective: Design a habit that is "too small to fail."

Pick your habit.

Choose something meaningful that you want to incorporate into your life.

Make it "stupid small."

Reduce it to the smallest possible action that still counts.

Say it out loud

If it sounds ridiculous, it's small enough!

Your Habit Plan:

1️⃣ My **big habit goal** is:

_____

_____

_____

2️⃣ My **mini version** is:

_____

_____

_____

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Tiny Habits & The MAP Model Worksheet

Objective: Use Motivation, Ability, and Prompts (MAP) to create lasting habits.

MAP Formula: Behavior (Habit)=

Motivation

Find a reason (value) to stick with your habit.

Ability

Make the habit as easy as possible.

Prompt

Use triggers to remind you.

Your Turn:

1️⃣ My habit goal: _____

2️⃣ Why does this habit matter to me? Value (your motivation)

_____

_____

_____

3️⃣ How can I make it easier? (Ability)

_____

_____

_____

4️⃣ What will remind me to do it? (Prompt)

_____

_____

_____

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Using Prompts & Environment Design Worksheet

Objective: Use external triggers to reinforce habits.

Anchor to existing habits

Connect your new habit to something you already do consistently (e.g., drink water after brushing teeth).

Create visual cues

Place objects strategically to remind you (e.g., leave a book on your pillow).

Design your environment

Make good habits easy and bad habits hard by removing things from your environment so they aren't easily accessible.

Use technology and social support

Set alarms or reminders, leave yourself notes, or use an accountability buddy.

Your Plan:

1️⃣ My habit:

_____

2️⃣ My chosen prompt:

_____

3️⃣ A way to adjust my environment:

_____

4️⃣ What will remind me to do it? (Prompt)

_____

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Overcoming Habit Challenges & Applying Atomic Habits Principles

Common Challenges:

Time Blindness

Forgetting the habit exists.

1

Disruptions

Life gets in the way.

3

2

Impatience

Expecting instant results. Just when you give up is often when you see change!

Exercise:

1️⃣ A challenge I face when building habits:

_____

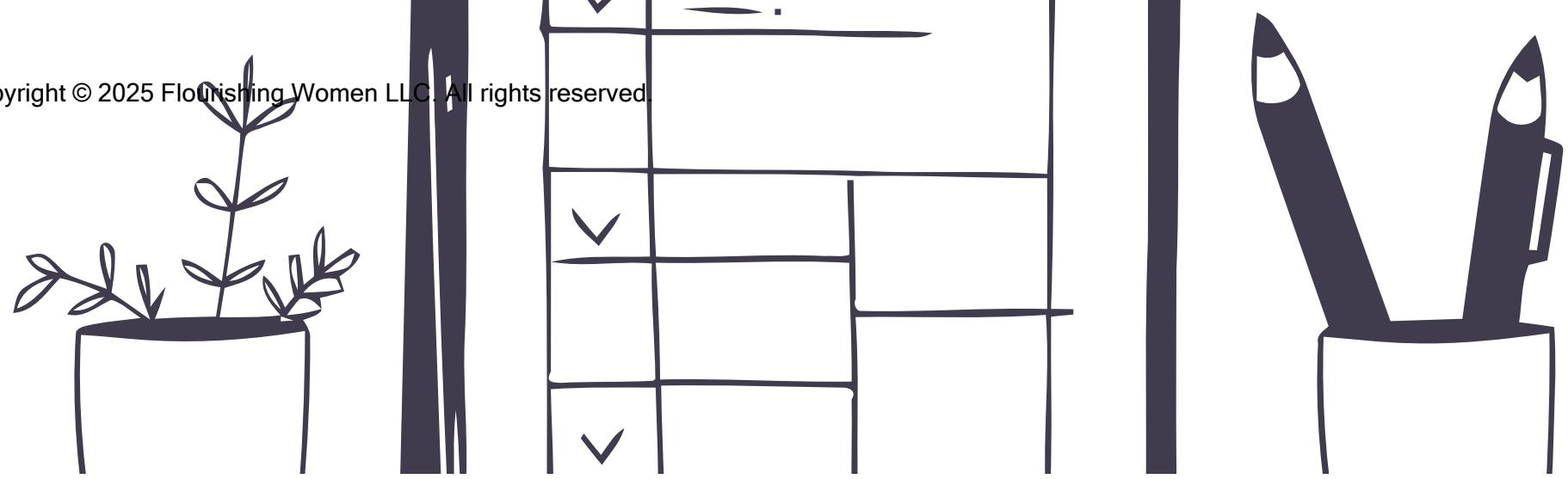
_____

2️⃣ One way I can overcome it:

_____

_____

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Four Laws of Habit Formation:

Make it obvious

Use visual cues.

Make it attractive

Pair it with something enjoyable.

Make it easy

Start with tiny steps.

Make it satisfying

Celebrate small wins.

My habit:

_____

_____

One way to make it obvious:

_____

_____

One way to make it attractive:

_____

_____

One way to make it easy:

_____

_____

One way to make it satisfying:

_____

_____

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The Flourish Model for Habit Formation Worksheet

Objective: Create a long-term system for lasting habits.

> **Using the Flourish Model for Habit Formation**
> *Objective: Create a long-term system for lasting habits.*
>
> ## 🧠 Step 1: Identify Your Tiny Habit
>
> **My habit (tiny):**
> *What is the small, achievable habit you want to build?*
>
> _____
>
> _____
>
> _
>
> ## 🔗 Step 2: Stack It with an Existing Habit
>
> **Where I will stack it:**
> *What current habit or daily action will you attach this to? (e.g., after brushing teeth)*
>
> _____
>
> _____
>
> ## 🛠️ Step 3: Shape the Environment
>
> **How I'll make my environment support it:**
> *What reminders, cues, or changes will make this habit easier to do—or make competing distractions harder?*
>
> _____
>
> _____
>
> ## 🎯 Step 4: Align It with Your Values
>
> **Which of my values does this habit support?**
> *Example: creativity, compassion, health, learning, integrity, rest, community, etc.*
>
> _____
>
> _____

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Why this habit matters to me personally:

_____

_____

🎉 Step 5: Add a Reward System

A reward for consistency:

What's a small, satisfying way I can celebrate or track my progress?

_____

_____

🔍 Step 6: Evaluate & Adjust

Check in after one week or more. Be curious, not critical.

✅ Have I been consistent?

_____

✅ What helped me follow through?

- _____
  _____

✅ What got in the way?

- _____
  _____
  _

✅ Does this habit still feel aligned with my values ?

- _____
  _____

✅ What do I want to change—if anything?

- _____
  _____

💬 Final Thoughts: **Habits are built through systems, not willpower.** By starting small and staying consistent, you **can** create sustainable habits that align with your values! 🌱💪