

HABIT DETOX

worksheet

step-by-step guide to bust bad habits

01 swap

old habit: _____
something you do often that you want to change

new habit: _____
something new you want to do instead

Pro-tip: It works better to swap in a new habit than just trying to stop an old habit.

02 whys

WHY have you been doing the **OLD HABIT** (where did it come from? what value does it give you?)

WHY are you ready to give up your **OLD HABIT**?

WHY is this **NEW HABIT** important to you? How will it make you feel if you do it?

Pro-tip: Dive deep to uncover your WHY'S. Remembering these will help keep you on track.

03 action

What is the **SMALLEST & MOST FUN** action you could take **EVERY DAY** to help create your **NEW HABIT**? Brainstorm here & just choose one:

Pro-tip: Each week you can pick a NEW small & fun action until you find one that's the most effective.

04 track

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
Each day you take the ACTION from 03 above, circle YES!	YES!	YES!	YES!	YES!	YES!	YES!	YES!
	no	no	no	no	no	no	no
Didn't do it? Forgive yourself. Then write down an idea that may help you do it tomorrow...							