

HABIT CHANGER WORKSHEET

- Instructions: 1. Write down five activities you need to do to change your habit(s).
 2. Pick and prioritize two.
 3. Get them done!
 4. Once you have accomplished those, incorporate the other activities into your routine.

ACTIVITY	WHEN	NEED	HOW	REWARD
<i>WHAT</i> activity do you need to do to change your habit?	<i>WHEN</i> will you perform this activity?	Is there anything you NEED that currently hinders you from doing this?	<i>HOW</i> are you going to achieve this?	What will you REWARD yourself to motivate you to continue?
Ex: Cervical Anchor	Ex: at 12PM and 3PM	Ex: an alarm	Ex: Set an alarm for 12PM and 3PM everyday	Ex: Sleep in for an extra 10 minutes

