

CHANGE YOUR HABITS TOOL



Pick 1 habit (behavior or pattern of thought) that isn't serving you and write it in the **Unproductive Habit** column. Next, think about why you engage in that habit and list as many Rewards as you can think of. Now think of the Consequences of your habit and write them all down.

Consider each reward individually and whether it is a relatively short-term reward ("S") or long-term reward ("L"), then place either the letter "S" or "L" in the column next to each reward. Now consider each consequence individually and whether it is a relatively short-term consequence ("S") or long-term consequence ("L"), then place either the letter "S" or "L" in the column next to each consequence. What patterns do you observe?

Unproductive Habit (to Replace)	Rewards	S/L	Consequences	S/L

Write your replacement habit in the **Productive Habit** column. Next, write down the Rewards you can think of that are associated with this replacement habit. Finally, consider each of these rewards individually and whether it is a relatively short-term reward ("S") or long-term reward ("L"), then place either the letter "S" or "L" in the next column. What patterns do you observe here?

Productive Habit (Replacement)	Rewards	S/L

