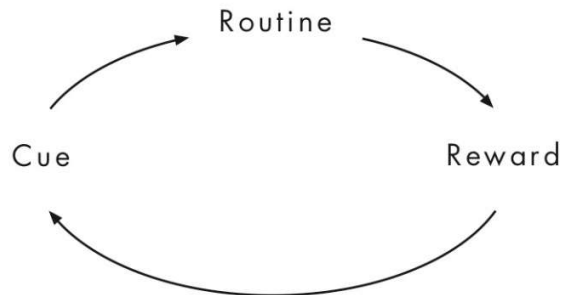


## Habit Mapping Worksheet

To change a habit to a better or different one, you first need to identify each of the steps in your habit loop.

Habits all follow the same structure:



- you encounter a **cue** - this could be something *external* like a time of day or a certain person, or it could be something *internal* like a thought or feeling
- this triggers a **routine** - the behavior that you want to stop
- which delivers a **reward** – this could be positive or negative

Getting that reward teaches your brain to repeat that same routine the next time you encounter that **cue** and this creates what is known as a Habit Loop.

The key to changing any habit is to keep the cue and reward and **replace the routine** with something more effective, productive or healthier.

So that next time you encounter the cue, you replace the old routine with the new one, but still get the same reward.

Swapping in the new routine is not an instant fix. You'll need to set up the new routine and consistently repeat every time you encounter the cue. You will forget and fall back to the old routine (because it's so ingrained) but, get back on that horse! Try again, every time. Eventually, you'll override the old with the new.

## MAP YOUR HABIT

<p><b>Choose the habit you'd like to change</b> Eg. Snacking after dinner, wine o'clock, muffin with coffee.</p>	<p><b>HABIT I WANT TO CHANGE</b></p>
<p><b>Identify the cue</b> This may take curious investigation as you're possibly not aware of it. Next time you find yourself doing the habit, stop and get curious:</p> <ul style="list-style-type: none"> <li>• what was I just doing/where was I</li> <li>• what was I thinking\feeling</li> <li>• who was I with</li> <li>• is there a scent/noise</li> <li>• what had I just done</li> <li>• what time is it/what just ended</li> </ul>	<p><b>CUE</b></p>
<p><b>What is your routine?</b> Write this down in step by step detail, from the beginning right through until you feel the reward.</p> <ul style="list-style-type: none"> <li>• What you do/how you do it</li> <li>• What props you use</li> <li>• I start by.....</li> <li>• I then.....</li> <li>• I finish when.....</li> </ul>	<p><b>ROUTINE</b></p>
<p><b>Identify the reward.</b> How do you feel? How are you hoping it will make you feel? It could be numbing or avoiding an uncomfortable feeling, satisfied, content, a high, relaxed, deserved, justified, depressed, disappointed, tired.</p>	<p><b>REWARD</b></p>
<p><b>Replacement Routine</b> Consider options for different routines with the same cue that will deliver a similar reward.</p> <p>Make <b>a plan</b> of what your new routine will be like, step by step. You may need to experiment and change the new routine over days/weeks until it works.</p>	<p><b>NEW ROUTINE</b></p>

Some habits are more difficult to change than others. But, you need to start somewhere.  
Start today, with a plan.  
You could have repeated failures and need to tweak your new routine until it works.  
Don't give up!

mobile. 0404 079 673 | email. [contact@inaturally.com.au](mailto:contact@inaturally.com.au) | [www.inaturally.com.au](http://www.inaturally.com.au)