

Action Plan Worksheet

Remember - willpower is your decision making superpower. It's step one in the process. But using it as the only tool in your toolkit to change a habit is like "white knuckling".

Instead, you need a Plan

A consistent action you instantly bring in after you have your intentional thought (willpower). The best way to do this is to plan ahead. Think about what you want to change, and put in place a plan to immediately bring in when your old pattern jumps in.

Here's four tips to think about when building an action plan:

1. **Pay attention** - notice your patterns and habits, like a scientist collecting data.
2. **Get curious** - replace judgement with curiosity. Instead of beating yourself up for falling prey to your old habit, instead, say to yourself "how interesting", and think about what went wrong.
3. **Practice** - the more you catch yourself in the old pattern and practice replacing the habit with your new planned one, the easier it will become.
4. **Be patient** - new habits are not formed overnight. It takes consistency, persistency and good old repetition. Just like learning to drive a car.

New Action Plan (be very specific):

When I feel like (eg. eating chocolate after dinner, skipping the gym – write it down):

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I will (step by step):

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