

Habit Frameworks

Current Habit:

"I want to check in on my habit(s)"

What comes before this behavior?
What little behaviors lead up to this behavior?
What is the prompt?
What are the contributing factors in the context?

What do I like about my current habit?
What do I get to do because of this habit?
What deeper craving does this satisfy?
What emotions and thoughts do I have?

Cue/Trigger

Craving
Emotions
Thoughts

1 2

What is my current reward?
How do I experience a celebration?
What thoughts/emotions do I experience afterwards?
What is different now that I am paying attention?

4 3

What do I do to satisfy my craving?
What are all the little behaviors that I do?
What changes each time I do this?
What doesn't change about my response?

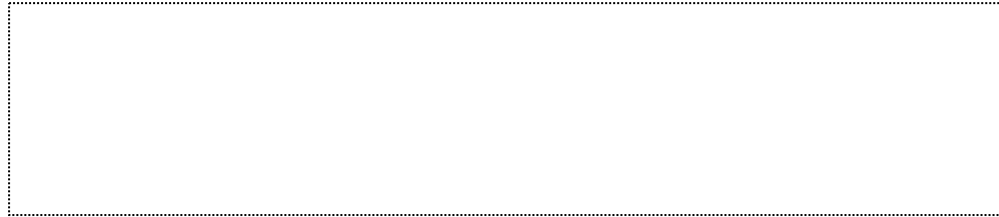
Reward

Routine/
Response



Habit to Change:

"I want to get rid of this bad habit."



What comes before?
How can I be more aware?
How can I remove the prompt?
How can I change the context?

What positive thing could I do along with this habit?
What do I get to do if I make this change?
What are my emotions telling me about this challenge?
What am I excited about in making this change?

Cue/Trigger

Craving
Emotions
Thoughts

1 2

What is the benefit I get to experience?
What immediate "pain" could I add?
How could I celebrate success?
How can I practice this celebration?

4 3

What will I do differently?
What would make this easier?
What will be my reminder?
How will I track my behavior?

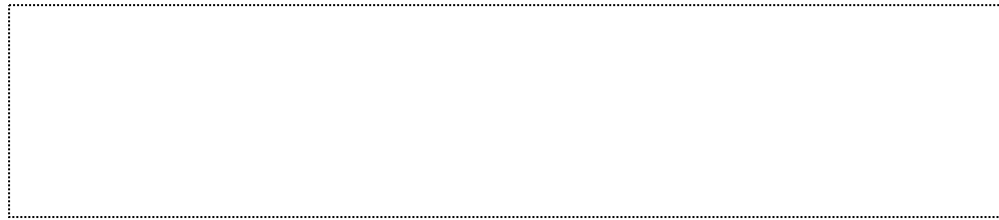
Reward

Routine/
Response



New Habit Plan:

"I want to start a new, healthy habit"



What current habit can I use as a trigger?
What do I want my new habit to come after?
How can I add a prompt?
How can I improve the context?

What positive thing could I do along with this habit?
What do I get to do if I make this change?
What are my emotions telling me about this challenge?
What am I excited about in making this change?

Cue/Trigger

Craving
Emotions
Thoughts

1 2

What is the benefit I get to experience?
What immediate "pleasure" could I add?
How could I celebrate success?
How can I practice this celebration?

4 3

What is a simple, easy beginning behavior?
What would make this even easier?
What will be my reminder?
How will I track my behavior?

Reward

Routine/
Response

