



Breaking Free From Bad Habits

Sometimes breaking free from a bad habit is as simple as stopping and becoming aware of the good that is missing or the bad that is present. Then, making an intentional choice to minimize the bad and enhance the good.

Complete this worksheet for a positive and encouraging method of breaking free from bad habits so you can gain the freedom you need to achieve your goals.

Thank you for allowing me to join you on your journey to your own enduring success. For more help with breaking free from bad habits, visit trishkendall.com/breaking-free-from-bad-habits.

With love,

ps. Visit trishkendall.com/contact to connect and for more information about booking me as your next keynote speaker.

2. Adjust Your Habit Loop

For the bad habits that you circled above, write down the habit loop associated with that habit. The habit loop, from *The Power of Habit* by Charles Duhigg, consists of a cue (trigger to do something), routine (the habit), and reward (the good thing you get from the habit).

Habit	→	Cue	→	Routine	→	Reward

Now that you see the habit loop, what needs to change? What needs to be eliminated? What else can you add to change the routine? Jot down your ideas for creating a new habit loop here.

Habit	→	Cue	→	Routine	→	Reward



3. Find Accountability

Your chances for success will increase dramatically if you have someone to hold you accountable. Who can that person be for you? Or is there a community group you can join to help? List specific names below, and commit to a date to contact them and ask them to be your accountability partner.

Name	I will contact them on

4. Prepare

You need a plan for when things don't go according to plan. Use the prompts below to help you formulate your thoughts and prepare.

What can you do now to set yourself up for success in the future?

What will you do when you are tempted to give in and return to your bad habit?

What will you do when you mess up and need to get back on track?



5. Practice

You have to practice a healthy habit loop (cue, routine, reward) over and over again for it to become a good habit. Just like becoming a pianist or a rock climber, you have to practice, practice, practice. When will you practice? Right down the logistics that will be needed to make sure you are practicing your healthy habit loops.

Habit	When I Will Practice

6. Reflect

Revisiting your progress and thinking through how to improve is the final step to breaking free from bad habits! Once your new habit loops are established and you are practicing, reflect on the following prompts, taking notes with dates on your progress so you can see how far you've come.

How am I doing? How do I feel? Is there anything I should change? What else needs to happen to find even more success?

