

# Designing New Habits

## THE BEST habits

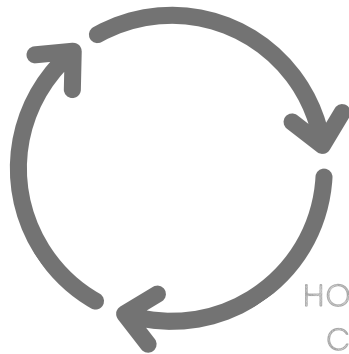
- will be the perfect fit for you to become your best self
- are small, quick, and easy
- over time become something you do without even thinking about it.

First, write your "I am" statement here.

Your new habits will move you toward what is important and who you want to be.

### looping

WHAT WILL REMIND YOU?



WHAT WILL YOU DO?

HOW WILL YOU CELEBRATE?

Every time I .....  
I will .....  
and then I will .....

### stacking

What current things do you do that you can add or "stack" your new habit on?

#### IDEAS!

- turning on the lights
- going out the door
- sitting at the table
- opening a book to read
- starting a daily routine



### a few more tips:

- Make yourself a visual reminder like a poster, sticky note, or set a reminder on your phone.
- Set out anything you will need ahead of time.
- Don't skip the celebration! Even a little clap, a deep breath, or "that was awesome" will keep your brain happy and wanting to do more.

Keeping track of your small, daily successes will make your new habit stick! You can add a pebble to a jar, put an X on a chart, or use a habit tracker.

How will you track your habit?

tracking



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