
How To Create Or Change Any Habit

A workbook for everyone

by Ben Croker



Introduction

Habits are habitual behaviours that we have a tendency to repeat, over and over, without consciously choosing to do so. Some habits have a positive impact on our lives, such as getting up at the same time every day, exercising and thinking optimistically. Other habits have a negative impact on our lives, such as over-eating, comparing ourselves to others, worrying and sitting at our computers all day.

New beneficial habits, such as daily meditation or exercise, can be created. While old habits, patterns of behaviour that have become subconscious and automatic, can be changed by the simple (though not always easy) act of bringing awareness to them.

In this workbook we are going to use 3 simple steps that will help you to create or change any habit in your life.

By creating clarity around the following:

1. How your new habit will help you and others
2. What triggers your current habit or default behaviour
3. What you can easily do in 1 minute

You will be *half* way to creating your new habit. The *rest* of the way will take time, practice and repetition. In the final part of this workbook we will take a closer look at putting it into practice.

I would like to acknowledge Michael Bungay Stanier and his great book called “The Coaching Habit”, which goes into more detail about how to create and change habits.

How Your New Habit Will Help You And Others

Describe your new habit in a single sentence:

Beneficial Results

Fill in the beneficial results that your new habit will have on your life and of the lives of the people that you care about.

Benefits To Your Life	Benefits To Others
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Examples: Healthier, kinder, more connected, bigger sense of purpose, more creative

What Triggers Your Current Habit Or Default Behaviour

Triggers

Fill in the specific events that trigger your current habit or the default behaviour that you would like to change. Be as specific as possible here, using individual or combined elements of time, location, emotions, people and actions.

Triggers
1.
2.
3.
4.
5.

Examples: when in meetings, when I arrive home after work, when my wife criticises me in front of others

What You Can Easily Do In 1 Minute

Action Items

Find one or more action items that you can easily do within one minute. These actions should be *short* and *specific*, and will be the first steps on the path that will lead to creating your new habit.

Action Items
1.
2.
3.
4.
5.

Examples: take a few deep breaths, do some stretching, take a break, get some fresh air

Putting It Into Practice

With the 3 steps above complete, you are *half* way to creating your new habit. The most important part of the journey now awaits you, putting it into practice.

Practice and Persistence

Make a commitment to yourself and to the people you care about that you listed above, to practice and persist with the following method:

1. Notice your triggers as they occur
2. Choose one of your action items and *just do it*
3. Acknowledge yourself and connect with the beneficial results of your new habit

Your action items may seem small and insignificant at first, but as you practice *noticing* your triggers and *doing* your action items, your awareness will shift. As you bring more awareness to those situations, you can allow your action items to grow in time and scale. A stretch can turn in to a stroll, a few deep breaths can turn into a few minutes of meditation.

Reaching your new habit should not be a goal. Make it a journey and commit yourself to simply staying on the path. And always keep it fun!!