Habit Plan

Developing new healthy habits is an important part of working toward long-term goals. For example, the goal of improving your health can't be achieved without habits such as eating healthy or exercising. Creating a habit plan will help you get started.

**Step 1: Connect your new habit to an existing habit.**
Tying new habits to things you already do is an effective way to make them part of your routine. Instead of planning to “go for a walk later”, plan to “go for a walk right after dinner every evening”.

After _______ existing habit _______, I will _______ new habit _______.

**Step 2: Reward success.**
When you are successful, treat yourself to a small reward. Rewards should not contradict your habit (e.g. a big dessert for eating a healthy meal), and they should be something you can do regularly. Even small rewards will reinforce a new habit.

After _______ new habit _______, I will _______ reward _______.

**Examples**

- **Step 1:** After I brush my teeth at night, I will do 10 push-ups.
- **Step 2:** After I do 10 push-ups, I will relax for 30 minutes.

- **Step 1:** After I get on the bus to work, I will practice deep breathing for 10 minutes.
- **Step 2:** After I practice deep breathing, I will listen to music.

**Practice**

- **Step 1:** Connect your new habit to an existing habit.
  
  After ___________________________, I will ___________________________.

- **Step 2:** Reward success.
  
  After ___________________________, I will ___________________________.

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