



# Habit Tracker

You're already the new you, it's just to reveal it day by day to those around you!

1. **READ THE PLANNER**
2. **ANSWER THE QUESTIONS**
3. **PRINT AND STICK THE CALENDAR SOMEWHERE EASY TO SEE DAILY**
4. **FOLLOW THROUGH ON YOUR COMMITMENT**
5. **LIVE YOUR NEW HABIT TO THE MAX AND ENJOY!**



# Assistant Planner

Here are 3 questions to ask yourself before committing to a habit :

1. **Is this activity something you get pain relief or some type of joy from?**

If it is enjoyable, it will be easy, if it removes pain, it will be easy, if it is neither, then you'll have a difficult time.

Here is an example : You can play soccer 3 times a week to lose weight, or you can go to the gym 3 times a week to lose weight. If playing soccer is more enjoyable, then that's the path of least resistance while having the same goal of losing weight.

Things that make habits enjoyable often include ; Personal Interest in the activity, up-skilling quickly, it's something you can impress other people with and the feeling after the activity or the feeling you have about yourself after completing it is very good.

2. **Are you viewing this as a stand alone thing? If so, STOP IT. THIS IS NOT STAND ALONE.**

Your life is a system, and this habit is now entering your system.

**Example :** Doing exercise daily, is part of my LIFE SYSTEM, I eat at a time and in a way that allows me to exercise without being too bloated or tired. I exercise at a time of day that it helps energise me. This is 'INTEGRATING' a habit into your life, rather than viewing it as an isolated, daily incident. If it IS isolated, then its much more difficult to do, because you aren't in ANY WAY supporting the activity. If the activity begins interrupting other important things, you'll stop doing it very quickly, so add it in your current system.

3. **What things can cause you to fail at being consistent with your new habit?**

Some common examples are :

1. Tiredness after work / getting up early
2. Under-estimating how long it takes to get ready / get to the location / get the activity done.
3. Missing multiple days when you've just started building a new habit.

**Write down what can stop you from being consistent and how you'll address that problem.**

For example, addressing tiredness and missing multiple days for me involved me setting a MINIMUM I'll accept for each activity, simply so I can place an X on the calendar and keep the momentum.

Risk it for the biscuit



What do I expect from myself on a "Bad" day?

---

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

F.T.B.