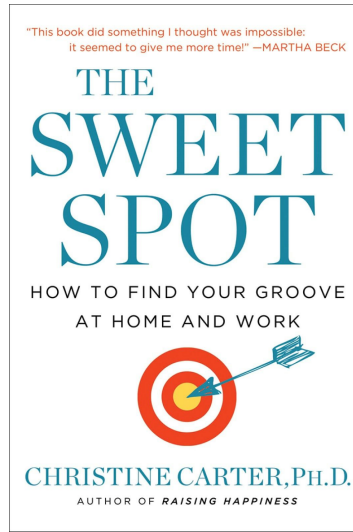




90 Days to a New Habit (that Sticks!) Program Workbook



How to use this workbook:

This workbook is a companion to my 12-week free coaching course. In the course, you will receive emails that direct you to specific pages in this workbook. Please do not work ahead; in my experience, most people end up having to re-do their workbook after they've read the instructions. If you aren't getting the email instructions, please sign up here: <http://courses.christinecarter.com/new-habits/>

Have fun!

A handwritten signature in black ink that reads 'Christine'.

Christine Carter, PhD



90 Days to a New Habit (that Sticks!)

How Do You Want to Feel?

"The ultimate lesson of regret, the one that will help guide you into a rich and satisfying future, is this: Every time life brings you to a crossroads, from the tiniest to the most immense, go toward love, not away from fear. Think of every choice in terms of 'What would thrill and delight me?' rather than 'What will keep my fear—or the events, people, and things I fear—at bay?'"

—Martha Beck

How do you want to feel?	Actions & Behaviors
<i>What emotions or sensations do you yearn for?</i>	<i>Name specific actions, behaviors, and situations that ALREADY reliably make you feel the way that you feel.</i>
example: Organized	-Cleaning off my desk at the end of every day. -Starting the day by reviewing my task list.
example: Energetic, Strong	-getting 8 hours of sleep -eating a lot of greens + protein (vs. sugar + carbs) -steep hikes, spinning classes



90 Days to a New Habit (that Sticks!)

Identify Your Trigger or Prompt

"Life begets life. Energy creates energy.
It is by spending oneself that one becomes rich."
—Sarah Bernhard

If you've got a bad habit you'd like to transform into a good one:

List all the things that could be acting as an *existing* prompt for a habit you want to change.

If you are establishing a new habit:

Designate a trigger or prompt for your habit, something that is the same every time you want your routine to be enacted.



90 Days to a New Habit (that Sticks!)

Now, Throw Ambition Out the Window

"All our life, so far as it has definite form, is but a mass of habits."
—William James

(1) Think about your habit. Will it take you more than a minute or so to complete? No? You are done for the day! Yes? Proceed to the next question.

(2) How can you strip your routine down to something that is so ridiculously easy you could do it every day with barely a thought? Think about doing one push-up instead of 15, jotting down one thing you are thankful for instead of journaling about five things, or meditating for one minute instead of 20. Remember, this is about initiating the neural pathway in a way that doesn't create resistance—you'll be able to expand your habit later. Write out your better-than-nothing routine below.

(3) Now evaluate what you've outlined for yourself. Is it ridiculously easy? Will it take no time at all to accomplish? If not, try cutting your routine in half again.



90 Days to a New Habit (that Sticks!)

What are your “Keystone” Mini-habits?

“If you look at a thing, the very fact of your looking changes it...if you think about yourself, that very fact changes you.”

—Robert Penn Warren

What KEYSTONE mini-habits are critical for your success? Make a list of all the ways—large and small—that you can prepare to complete your resolution. What equipment or clothing do you need to get ready the night before? What decisions do you need to make? Are there ways to have automatic shut-offs, helping equipment, etc. that can eliminate decision-making for you?

Once you’ve identified key habits-behind-the-habit, go ahead and designate triggers and rewards for doing them:



90 Days to a New Habit (that Sticks!)

Gather Your Cabinet

“The glory of friendship is not the outstretched hand, nor the kindly smile nor the joy of companionship; it is the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him.”

—Ralph Waldo Emerson

Who will best support you in keeping this resolution? Who can you add to your cabinet for advice and expertise? Who inspires you? Who is already doing what you want to be doing? Is there an online community or group of like-minded goal-seekers you can join?

To Do Today: The people you've listed above are good candidates for your "cabinet." Make a plan to contact them and enlist their support.



90 Days to a New Habit (that Sticks!)

Build Your Willpower Muscle

“Don't judge each day by the harvest you reap
but by the seeds that you plant.”

— Robert Louis Stevenson

When do you feel most depleted? What times of day, environments and situations fatigue your willpower?

When are you most likely to give into your impulses? Make a list so that you can be more aware of what drains you. Remember: Just by working on one tiny habit you are *already* building your willpower muscle.



90 Days to a New Habit (that Sticks!)

Take a Nap

“When the going gets rough, the tough take a nap.”
—Tom Hodgkinson

- (1) **Decide how you will track your sleep.**

- (2) **List 3 things you can do to improve your sleep.**

- (3) **Which of these things are mini-habits you can start getting into right now?** Make a plan to start implementing.



90 Days to a New Habit (that Sticks!)

Expect (at Least Minor, Sometimes Major) Failure

"We all understand that when we first attempt to drive a car or ride a bike, we'll make mistakes. Behavior change is no different; it's a process of slipping, learning from the mistake, and trying again."

—John C. Norcross, *Changeology*

- (1) **If you've slipped, ask yourself why. What can you learn from your mistakes?** Is your obstacle prevention plan specific enough? What temptation or situation can you avoid in the future?

- (2) **Make a plan for the next time you will face a similar challenge.** What will you do differently? How will you avoid the temptation in the future? What have you learned from your slip?



90 Days to a New Habit (that Sticks!)

Beware the "What the Hell" Effect

"There is only one corner of the universe you can be certain of improving, and that's your own self."

–Aldous Huxley

Don't let a slip spiral out of control. Forgive yourself. Remind yourself that lapses are a part of the process, and that feeling guilty or bad about your behavior will not increase your future success. (Remember, self-criticism actually decreases future success.)

Rededicate yourself to your new habit. Why do you want to make the changes that you do? Do a little deep breathing and calm contemplation of your goals.



90 Days to a New Habit (that Sticks!)

Regroup, Revise, and Double Down

“The greater the obstacle, the more glory there is in overcoming it.”
—Moliere

What obstacle have you failed to see or plan for? How does your routine need tweaking? Is your trigger consistent? Does your reward need bolstering? Did you take on too much too soon? Figure it out, and make a specific plan for what to do if you find yourself in a similar situation again.



90 Days to a New Habit (that Sticks!)

See Relapse as an Opportunity to Begin Again, Stronger

"A person who never made a mistake never tried anything new."
— Albert Einstein

"Our greatest glory is not in never failing,
but in rising up every time we fail."
— Ralph Waldo Emerson

Have you relapsed? If so, begin this program again with a less ambitious goal and expand more slowly. Sign up here: <http://courses.christinecarter.com/new-habits/>

What is your new, ridiculously unambitious goal?