

Making New Habits Stick

Use this worksheet to break down the ultimate weight loss habits you want as part of your new healthy lifestyle into small, tiny, doable steps. Examples might include making your daily food plans, drinking water, getting more sleep, moving your body, etc.

Identify the habit you wish to focus on:

Next, try to brainstorm at least three small steps you can take to help you reach your habit goal. Circle the one you intend to try first.

01

02

03

How **READY** are you to commit to this step? (Circle one)

1 2 3 4 5 6 7 8 9 10

If you aren't a 10, what might make you more ready?

How **WILLING** are you to commit to this step? (Circle one)

1 2 3 4 5 6 7 8 9 10

If you aren't a 10, what might make you more willing?

How **ABLE** are you to commit to this step? Do you have all the tools and supports you need in place?

1 2 3 4 5 6 7 8 9 10

If you aren't a 10, what might make you more able?

What is the one small step you are ready, willing and able to take right now?

How can you tie this step to something you already routinely do? Brainstorm at list three options, and circle the action you intend to tie your new habit to.

01

02

03

How will you celebrate each time you successfully complete your new habit?