



Creating Habits That Stick

Tools To Stack Habits and Activate Change

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CREATING HABITS THAT STICK!

What are the top 5 GOALS that are important to you right now?

1. _____
2. _____
3. _____
4. _____
5. _____

Now select that one GOAL that you MOST want to develop. You know, “that one!” Make it brave, audacious, bold, unexpected. The one for which you have a burning desire! (Make sure it is a SMART goal – specific, measurable, attainable, relevant, time-bound.) Write it here:

Think of a few DAILY TINY HABITS that support that goal. You may want to consider KEYSTONE HABITS that produce a ripple effect in multiple areas of your life—habits around exercise, weight, sleep, presence, etc. The habit should be one that is done daily and can be completed in 5 minutes or less. You may need to break down larger habits into smaller, tiny habits. Describe the habit with as much specificity and detail as you can. Most importantly, make sure that you WANT to do the new habit—is this a habit you will want to do consistently? Write down up to three tiny habits:

- 1. _____

- 2. _____

- 3. _____

Now review the DAILY HABITS above to select the strongest desired habit that will be the most supportive of your goal and will create the most momentum. Write it down on the next page.

Choose your **STRONGEST DESIRED HABIT** from the list above and rewrite it here:

Now write down 3 **KEY MOTIVATIONS**—identify 3 reasons why this habit matters to you:

1. _____
2. _____
3. _____

Describe how you want to **FEEL** when you establish this new habit:

Answer the following questions about the new habit you want to form:

Time—when will the habit be performed? AM/Midday/PM

Location – does the habit need to be performed in a particular location?

Equipment—do you need any special equipment to perform the habit?

Solo/multi-task—can the habit be done while doing something else?

You will need to consider the answers to these questions as you pair your new habit with an existing routine.

LET'S GET STACKING! Let's find a CUE to activate your new habit. Select an existing ROUTINE that is performed on the same frequency and at the same time and location as the new habit you want to create. When you look carefully at your existing routines and the things you do every day, you will find tiny pockets of open time that are ideal places to cultivate a new habit.

As you review the suggested ROUTINES LIST or come up with your own routine to pair, consider the following:

1. Pick the most enjoyable routine that would pair well. You need to really enjoy the existing routine to ensure maximum support for your new habit.
2. Pick the most engrained routine. The routine has to be solidly in place as you will be leaning on the existing routine to hold up the habit until it becomes automatic.
3. Pick a routine that you can realistically envision pairing with the new habit—can you envision performing the new habit consistently with the existing routine?
4. Remember to think tiny and be specific. So instead of “drink more water each day” say “drink 8 ounces of water right after I brush my teeth.”

MAP OUT YOUR NEW HABIT STACKING ROUTINE: (sample—
“While my morning coffee is brewing, I will meditate for one minute.”)

OVERCOME potential hurdles, roadblocks, concerns: Expect setbacks and plan for them so that you overcome the desire to give up. Identify any potential hurdles that may prevent you from creating the new habit and create an action step to overcome the hurdle:

OBSTACLE:

ACTION STEP TO OVERCOME:

_____	_____
_____	_____
_____	_____

DON'T NEGOTIATE—The Five Second Rule/Mel Robbins (act before your brain convinces you otherwise! Hand-slapper reminder in tool kit!)

RESTATE YOUR COMMITMENT:

I will _____
even when _____

SUPPORT AND TOOLS:

ACCOUNTABILITY/SUPPORT PARTNERS: There is power in saying it out loud! Think about who will support you in this process. Place a check before the accountability measures you will take:

☐ Share on social media ☐ Text friend(s) ☐ Tell significant other/family
☐ Create habits group ☐ Other: _____

Accountability Event – make an investment or schedule something now that creates a deadline for you to accomplish your habit creation. (Sample, if your habit is around running, register for a half-marathon.) List your **ACCOUNTABILITY EVENT** here:

TRACK IT!—Consistency is more important than anything else. Repetition builds muscle memory. We need to establish those new neural pathways to create automation. Keeping track of your progress allows you to see how far you have come so you can celebrate your wins along the way. Create a streak so you do not let excuses cause you to break the chain. (If you do fall off the wagon, get right back on and start the streak again the next day. Never miss more than one day!)

Use the HABIT TRACKER in your take home tool kit to mark each day of your new habit streak. (Make extra copies of the Habit Tracker before you start so you have blank trackers for each month.)

START DATE FOR YOUR NEW HABIT: _____

LET'S HAVE SOME FUN ~ CREATE YOUR MANTRA OR THEME MUSIC! Let's help program our subconscious mind to focus on our new habit through daily repetition of a mantra or theme song (or both)! Use the mantra or theme song every day and anytime you need a boost! Get creative and think of a phrase or song that pairs with your habit!

List your power anthem or power phrase here:

Mantra: _____

Theme Song: _____

REWARD: Yay! You did it! You earned it! Name your reward for all your hard work and determination.

When I establish my new habit, I will treat myself to _____

VISUALIZE THE END RESULT: You will believe whatever you repeatedly tell yourself is true, so visualize the end result of establishing your new habit and remember back to how you will feel when the new habit is established. Now get to work on your new habit to make your vision a reality!

[TOOLS FOR YOU!!]-

MAGIC WAND – SELF-IMAGE MAGIC! -- Your self-image/how you are seeing yourself, is **CREATING YOUR LIFE!** Our ability to choose and change who we are in this life is a gift and we need to use it!

So you need to Become NOW, the person you are becoming. Carry yourself that way. Treat yourself that way. Act that way.

****Your actions are important, but you will always come back to WHO YOU THINK YOU ARE/HOW YOU SEE YOURSELF**

**** Habits are more about who you are BEING than what you are doing.**

****If you want your potential to be unlimited, you have to elevate your self-image!**

****To give you some extra incentive, if you are still stuck in any negative self-talk, you need to do this one for others. Think of it as SERVING OTHERS—all the lives you'll enrich by being your best self!**

When you start looking for proof that you are a person that embodies your new habit, you will find it. Shift your **IDENTITY** to align with the habits you are creating. Use positive **I AM** statements to build your confidence. **Write down a few I AM statements that embody the person you are NOW:**

I AM a person who/that _____

I AM a person who/that _____

I AM a person who/that _____



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Thank you!

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