

Action Checklist

WEEK 3 OF 4

Lesson 7

Create a temptation bundle by linking an action you want to do with an action you need to do. Here's the formula: "I will only [HABIT I WANT TO DO] when I [HABIT I NEED TO DO]."

Fill out the Lesson 7 template on Page 17 of this workbook.

Create a commitment device to lock yourself into future actions.

Lesson 8

Identify a short-term, external reward for completing your habit. Avoid rewards that conflict with your desired identity.

Lesson 9

Visualize the progress you're making each day by using a habit tracker, calendar, or paper clips / marbles in a jar. (Find a habit tracker template on Page 18)

Make an implementation intention for tracking. For example, "After I finish each set at the gym, I record it in my workout journal."