



# Incorporating Positive Traits into Atomic Habits: Action Plan

## My Positive Traits Are:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

If I get stuck while filling out this plan, I can come back to these Positive Traits to keep myself going. It's common to feel discouraged and when that happens, it can be all too easy to start believing lies about myself. Instead I use my Positive Traits throughout my habit building process to keep myself encouraged and reminded of what is true!

## Step 1: Identify the Habit You Want to Build or Change

- Desired Habit: Define the new habit you want to build.
  - I am building the habit...*
- Current Behavior: Describe the habit you will to change or replace. (This is what you have been doing instead)
  - I'm altering...*
- Why is this important to you? Reframe this behavior in light of your beliefs and identity. *"This matters to me because I am a runner, that's why I'm choosing to go run in the mornings."*
  - This matters to me because I am...*
- Understanding the deeper motivation behind building this habit is a crucial step. If we know why we pursue something, we will likely not lose our way in our pursuit. How will this practice or habit improve your life and the lives of those around you?
  - This practice has a place and a deeper, bigger meaning in my life because...*

## 1. Make It Obvious - How will you put it on your mind?

- I use...

- I prepare...

- I \_\_\_\_\_ at/in \_\_\_\_\_ at  
(New Habit) (Location)  
\_\_\_\_\_  
(Time)

## 2. Make It Attractive - Make yourself an offer you cannot refuse.

- I'll celebrate doing my habit by...

- I'll leverage...

- I'm going to talk to or text these people for encouragement...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

### 3. Make It Easy - Seriously, make it easy. Not tough. Make. It. Easy.

- Reduce Friction: What steps can you take to make the habit easier to start? (e.g., lay out workout clothes the night before, set my alarm, create a recurring reminder, etc.)
  - *To prepare I'll...*
- Start Small with the Two-Minute Rule: How can you scale down the habit to a simple, easy version? (e.g., "I'll do two minutes of meditation instead of 20." or "I'll walk down the street and back instead of running a 5k.")
  - *I'm not going to overdo it, instead I'll start VERY simply by...*

### 4. Make It Satisfying

- Reward Immediately: What can you do to immediately celebrate after completing the habit? (e.g., check off a habit tracker, give yourself a small treat)
  - *I'll celebrate by...*
- Tracking Progress: Track your progress and success over time by using a Habit Tracker like a calendar, app, or journal.
  - *I know and acknowledge that tracking my progress is vital to encourage myself to continue moving forward. The tool I'm going to use track my habit is...*
- Habit Contract: Who will help you stay accountable? (e.g., friends, coaches, or family members)
  - *Because self-motivation runs out so quickly, I'm going to bring someone else in to help me achieve this habit. It makes sense to bring in...*

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## Step 3: Track Your Habits

- Check-Ins: Schedule regular check-ins to review your progress.
  - *Weekly check-ins with my habit tracker will help me keep moving forward. I'll remember to do this by...*

## Step 4: Maintaining Your Habits

- Reflect: After each week and then month, reflect on what's working and what needs adjusting.
  - I've been working on improving 1% each day and now it has been \_\_\_\_\_.  
(days/weeks/months)
  - What's working well is...
  - One or two things that need adjusting are...
- Using what you've just written above, modify and tweak your habit strategy to make it even more effective.
  - I'll use what working well by continuing to...
  - I can always come back and tweak things so for now I'm going to try adjusting...