

# RICHLAND LACROSSE



## BOMBER HABITS WORKSHEET

Habit → a behavior repeated regularly that tends to occur without having to specifically think about it. Great habits lead us to great results. Bad habits can lead us to our demise. Our habits in many ways direct our path through life.

This worksheet will (1) in the short-term help you identify what is important to you and align your habits, and (2) in the long-term, introduce you to some keys to help you develop great habits, so you can achieve what is important to you.

1. What is important to me?

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2. What are things I am not currently doing or not doing consistently to show this is important to me? Stated positively: I want to align my actions with what is important to me.

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3. Implementation intentions.

“You are two to three times more likely to follow through with a habit if you make a specific plan for when, where, and how you are going to implement it. By outlining a clear plan of action and clarifying exactly what you need to work on, you make the task simpler which means it requires less motivation to do.”

James Clear, Atomic Habits

I will \_\_\_\_\_ at  
ACTION

\_\_\_\_\_ in \_\_\_\_\_.  
TIME LOCATION

Some examples:

- I will meditate every day for one minute at 7 a.m. in my kitchen.
- I will study Spanish every day for twenty minutes at 6 p.m. in my bedroom.
- I will exercise every weekday for one hour at 5 p.m. at Gold's Gym.

#### 4. Habit stacking.

Habit stacking is a simple, science-backed strategy that makes building new habits more manageable and sustainable. This concept builds on work from behavioral experts like BJ Fogg, PhD, the founder of the Behavior Design Lab at Stanford University. It works the way it sounds: You take a current habit and stack a new habit on top of another, so the first habit is a trigger for the new one. A simple example would be: after I brush my teeth, I will take my medicine.

After \_\_\_\_\_, I will \_\_\_\_\_.  
CURRENT HABIT NEW HABIT

Some examples:

- After I turn on the shower, I will do five burpees.
- After I lay down in bed for the night, I think of one positive thing that happened today.
- After I get home from my violin lesson, I will take my violin out of the case and put it on a stand where I can see it.

#### 5. Buckle down, this isn't going to work overnight.

The average time it takes for a new habit to stick is 66 days (not 21 days). Signe Dean, "Here's How Long It Really Takes to Break a Habit, According to Science," [www.sciencealert.com](http://www.sciencealert.com) (blog), June 9, 2018, <https://www.sciencealert.com/how-long-it-takes-to-break-a-habit-according-to-science>