

## Habit Builder Worksheet

Please complete the following sheet prior to the workshop.

**Step #1: Select an activity.** You can select any type of behaviour, from any area of your life, including (a) getting more exercise, (b) eating better, (c) being more productive at school or work, and (d) learning to manage stress better, but the activity should be well defined. Here are some examples in the table below.

Area	Activity
Getting more exercise	Walk for 30 minutes before I start work
Eating better	Each a piece of fruit instead of chips
Being more productive at school or work	Doing flash cards or practice problems.
Learning to better manage stress	Do relaxation breath and mindfulness

**Describe three or four activities you would like to turn into a new, lasting habit:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Step #2: Link your activity to a cue.** You will have more success if you can link your new behaviour to a "cue," which might be an existing behaviour, event or time (e.g., right after I get home from work, right after lunch, at 10:30 after math class). You may have better success if you can do the new activity in the morning before your day gets busy or you get tired.

**Describe three or four cues that you will use to help you remember to build your new habit:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Step #3: Get ready for Habit Builder 2023.** You will receive a confirmation from Eventbrite, which we use to manage both virtual and in-person events.

**Keep in mind:** You can change the behaviour that you have selected at any time up to and during the event.