

## **THE HABIT CHANGE TEMPLATE**

Fill in the blank sections below each time you notice yourself doing the habit you want to change.

HABIT I WANT TO CHANGE: \_\_\_\_\_

What day/time is it?

\_\_\_\_\_

What were you doing right before you started your habit?

\_\_\_\_\_

Who were you with at the time?

\_\_\_\_\_

How were you feeling?

\_\_\_\_\_

What did you do immediately after your habit finished?

\_\_\_\_\_

What day/time is it?

\_\_\_\_\_

What were you doing right before you started your habit?

\_\_\_\_\_

Who were you with at the time?

\_\_\_\_\_

How were you feeling?

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What did you do immediately after your habit finished?

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\_\_\_\_\_