

# THE FORMULA FOR CHANGE WORKSHEET

## AWARENESS: IDENTIFY THE HABIT

What is one habit you'd like to change

☐ \_\_\_\_\_

When and where does this habit usually show up?

☐ Time of day: \_\_\_\_\_

☐ Trigger/ cue: \_\_\_\_\_

☐ Emotional state: \_\_\_\_\_

What is this habit doing for you?

☐ Short-term benefit: \_\_\_\_\_

☐ Long-term cost: \_\_\_\_\_

## THE WEDGE: CREATE THE PAUSE

What could help you pause next time the habit is triggered?

For example, a deep breath, a phrase...

☐ \_\_\_\_\_

## THE FORK IN THE ROAD: EXPLORE YOUR OPTIONS

Once the wedge is in place - you stand at a fork in the road.

What is the familiar response you are trying to shift?

☐ \_\_\_\_\_

What is a new option you could try instead?

☐ \_\_\_\_\_

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## YOUR PERSONAL FORMULA FOR CHANGE

Fill in the blanks below to define your version of the formula:

☐ Awareness of: \_\_\_\_\_

+

☐ Wedge: \_\_\_\_\_

×

☐ Repeated choice to: \_\_\_\_\_

=

☐ My path to: \_\_\_\_\_