

THINKING
LEADERS

TAKING ACTION

Your Habits

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HABITS AND YOUR BEHAVIOUR

Habits are those behaviours we do without thinking - unconsciously – repeatedly.

They are most often learned and therefore can be changed.

Our habits are a key factor in all areas of our lives.

They are responsible for our actions each day, from the smallest to the biggest.

Habits and motivation are intrinsically intertwined. Habits can be a powerful motivator.

Habits are automatic. We don't think about them consciously. We just do them.

Sometimes we wished we didn't.

And willpower doesn't seem to be enough to stop the bad ones.

So how do habits work and how can you change them if you want to?

Step 1 - there is a trigger or cue. This is the call to action. It might be the time of the day, an emotional state, a thought or belief you have, a smell, a location, or it might even be someone else's behaviour. It could be as simple as the smell of coffee, being angry or arriving home from work.

Step 2 - You perform a routine or action. This is what you do after the cue. It's automatic and the same routine from the same trigger each and every time. You don't even need to be fully awake to perform the action - grabbing a cigarette or make coffee.

Step 3 - You get an outcome or reward. This is usually positive and makes you feel good. You feel a bit better about yourself. The reward may be either resourceful or unresourceful.



YOUR CURRENT HABITS

Pick one habit. Anything you like.

Step 1 - What is the trigger or cue? How do you know it's time to do the habit?

Step 2 - What action do you take after the trigger?

Step 3 - What is the reward you get?



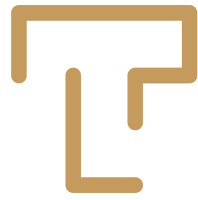
CREATING NEW HABITS

Now, pick a habit you want to get rid of.

Step 1 - What is the trigger or cue? How do you know it's time to do the habit?

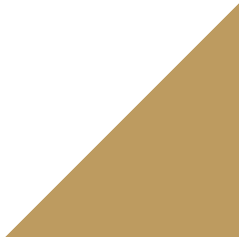
Step 2 - What action are you going to take after the trigger instead? What are you going to plan to do to fill the gap?

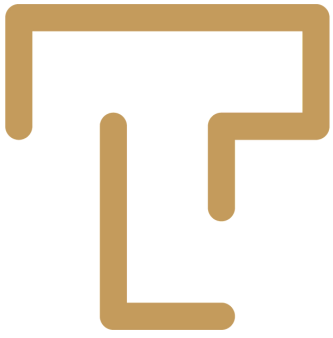
Step 3 - What is the reward you get currently from the old habit? How can you get that reward another way?



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NOTES





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