

# Habit Formation — Workbook

This workbook is your hands-on companion to the Habit Formation course. Use it to map your existing habits, design new ones with precision, and build the tracking and review infrastructure that sustains change over the long term. Every exercise connects directly to a lesson — work through them in order for maximum effect.

## How Habits Work in the Brain

Audit your existing habits through the lens of the habit loop to build accurate self-knowledge before designing any changes.

### Exercise: Habit Loop Dissection

Choose three habits you perform daily without thinking — at least one you consider positive and one you consider negative. For each habit, complete the loop dissection below. Be specific and honest; vague answers produce vague insights.

- What is the CUE? (Be precise: time, location, emotional state, preceding action, or person present — which of the five categories does it fall into?)

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- What is the ROUTINE? (Describe the exact behavior sequence, step by step.)

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- What is the REWARD? (What do you feel in the 60 seconds immediately after? What need does this behavior satisfy?)

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- Where on the automaticity curve (1–10, where 10 = fully automatic) would you place this habit, and what evidence supports your rating?

### Worksheet: Dopamine and Craving Mapping

For each habit you dissected above, map the craving — the anticipatory feeling that fires before the routine begins. Use this worksheet to identify whether the craving is strong (habit likely durable) or weak (habit fragile, needs redesign).

Habit name

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Cue description

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Physical sensation when cue fires (before routine starts)

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Craving strength (1–10)

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What the craving is actually seeking (stress relief / stimulation / social connection / control / pleasure)

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Notes on redesign opportunity

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## Checklist: Module 1 Completion Checklist

- Completed habit loop dissection for at least 3 habits (1 positive, 1 negative, 1 neutral)
- Identified the cue category for each habit
- Named the real reward (not just the behavior) for each habit
- Completed the dopamine and craving mapping worksheet
- Estimated automaticity curve position for each habit
- Identified at least one habit where the cue is the highest-leverage change point

## Building New Habits

Design your target habits using Tiny Habits, implementation intentions, and habit stacking — then document the full design in a single reference.

### Exercise: Tiny Habit Design Session

Choose one new habit you want to build. Use BJ Fogg's Tiny Habits method to design the minimum viable version. Work through each step below before writing your anchor and celebration.

- What is your aspiration (the ultimate outcome you want from this habit)? Write it in one sentence.

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- What is the smallest possible version of this behavior that still points toward the aspiration? (It should take under 60 seconds and require almost no motivation to start.)

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- Which existing anchor habit will you attach it to? (Must be a behavior you already perform reliably, every single day, at the same time and place.)

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- What will your celebration be? Describe the exact positive emotion or gesture you will perform immediately after completing the tiny habit — before you move on to anything else.

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### Worksheet: Implementation Intentions Builder

Write a full implementation intention for each habit you are designing. Use the three-part format: primary intention, fallback intention, and stress-response intention. Write in the exact 'When X, I will Y' format — paraphrasing reduces effectiveness.

Habit name

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Primary intention: When [specific situation]...

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Primary intention: ...I will [exact behavior]

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Fallback intention: If I miss, I will [backup cue and time]

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Stress-response intention: When I feel [stress trigger], instead of [bad habit], I will [substitute]

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Written or typed? (written on paper performs best — note method)

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### Checklist: Habit Stack Builder

- Listed at least 10 existing daily habits as potential anchors
- Scored each anchor on reliability (1–5) and temporal match to target habit
- Identified top morning anchor and top evening anchor
- Written morning habit stack in full 'After X, I will Y' format
- Written evening habit stack in full 'After X, I will Y' format

- [ ] Limited new habits per chain to a maximum of 3 for the first 30 days
- [ ] Completed implementation intention for each new habit in the stack

### Exercise: Habit Architecture Document

Consolidate your habit design work into a single reference document. This is your operating blueprint — keep it somewhere visible for the first 30 days.

- Write out your complete morning habit stack from wake-up to start of work, with every 'After X, I will Y' link explicit.

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- Write out your complete evening habit stack from end of work to sleep, with every link explicit.

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- For each new habit in your stacks, what is the minimum viable celebration, and what is the reward you are wiring it to?

## Environment Design and Friction Engineering

Audit and redesign your physical and digital environment to make desired habits the default and undesired habits structurally harder to access.

### Worksheet: Physical Environment Audit

Walk through the spaces where your target habits will occur. For each habit, complete the four-lever audit. Be specific — 'move the book to the nightstand' is actionable; 'make the environment better' is not.

Habit name

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Space where habit occurs

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Proximity change: what tool/object can you move closer?

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Salience change: how can you make the cue more visible and unmissable?

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Friction addition for competing habit: what steps can you add between you and the behavior you want to reduce?

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Commitment device: what pre-commitment can you make for this habit?

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Changes made (date and description)

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### Exercise: Digital Friction Audit

Conduct a timed 15-minute digital environment overhaul on your phone and computer. Work through each step below and record what you changed. This is a one-time audit with compounding returns.

- List every app currently on your phone's home screen. Mark each: keep (serves a habit goal), move (friction-add for reduction), or delete. Record your changes.

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  - List every push notification currently enabled. Which ones are serving your habit goals vs. creating cue noise? Turn off all non-person notifications and record what you disabled.

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  - Which digital habit-supporting tools are you adding to your home screen or bookmark bar? List them and their position.
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## Checklist: Environment Design Completion Checklist

- Completed physical environment audit for each target habit
- Made at least one proximity change per habit
- Made at least one salience change per habit
- Added friction to at least one competing bad habit
- Completed 15-minute digital friction audit
- Removed or moved apps that cue undesired habits
- Turned off all non-person push notifications
- Set up at least one commitment device (financial, social, or structural)
- Documented all environment changes with dates

## Breaking Bad Habits and Sustaining Change

Map and interrupt your target bad habit using the loop-interruption framework, then build a tracking and quarterly review system to sustain your entire habit architecture.

### Exercise: Bad Habit Loop-Interruption Mapping

Select one bad habit you want to change. Run the five-day tracking exercise (track every instance: time, location, emotional state, preceding action, people present). After five days, use the data below to complete the loop-interruption framework.

- After five days of tracking, what is the consistent cue pattern? Which of the five cue categories does it fall into, and what is the specific trigger?  

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- Having experimented with different substitute routines, what do you now believe the habit is actually rewarding? (Be specific: stress relief, stimulation, social connection, sense of control, avoidance of discomfort?)  

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- Design your substitute routine: what behavior delivers the same reward from the same cue, is compatible with your values, and can be performed in the same context?  

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- Write your full implementation intention for the substitute: 'When [CUE], I will [NEW ROUTINE] to get [REWARD].' Add a coping intention for high-stress scenarios.  

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### Worksheet: 90-Day Habit Tracker Setup

Design your personal habit tracking system. Commit to tracking for 90 days minimum — the first 30 days are the highest-risk period. Fill in the fields below, then transfer to your chosen tracking medium (paper calendar, app, or the spreadsheet template in this workbook).

Habit 1 name and minimum viable daily action  

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Habit 2 name and minimum viable daily action  

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Habit 3 name and minimum viable daily action  

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Tracking medium (paper / app name / spreadsheet)  

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Weekly review day and time (schedule it now)  

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Accountability partner name and check-in format  

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Your 'never miss twice' rule commitment (write it as a personal policy statement)  

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## Checklist: Identity and Quarterly Review Checklist

- Written identity statement in 'I am someone who...' format for each major habit area
- Completed bad habit loop-interruption mapping (5-day tracking + all 4 steps)
- Habit tracking system set up and first day marked
- Accountability partner identified and first check-in scheduled
- Quarterly habit review scheduled 90 days from today (calendar event created)
- Habit architecture document finalized with stacks, tracker, commitment device, and implementation intentions in one place
- Identity statement posted somewhere visible in your environment

## Your Action Plan

1. Complete the habit loop dissection for 3 existing habits (positive, negative, neutral) using the Module 1 worksheet — do this today
2. Choose one target habit and design the Tiny Habits version: identify your aspiration, minimum viable behavior, anchor, and celebration before the end of this week
3. Write implementation intentions for all target habits in the exact 'When X, I will Y; if I miss, I will Z' format and post them somewhere visible
4. Build your morning and evening habit stacks: list your anchors, score them on reliability, and write the full chain for each using 'After X, I will Y' format
5. Do the 15-minute physical environment audit and make at least one proximity, salience, and friction change per target habit
6. Do the 15-minute digital environment overhaul: move or delete apps that cue bad habits, disable non-person notifications, position habit-supporting apps on home screen
7. Set up one commitment device (stickK, Beeminder, prepayment, or accountability partner with a specific check-in schedule) for your primary habit
8. Run the 5-day tracking exercise on one bad habit you want to change and complete the loop-interruption framework
9. Set up your 90-day habit tracker (paper, app, or spreadsheet) and mark day one
10. Write your identity statement, schedule your quarterly review 90 days from today, and consolidate your full habit architecture into one reference document









