

# Building A New Habit

stage	what you will do	notes
<b>Figure the trigger (for the old habit)</b>	When this happens...	The moment you are at a crossroads: old habit or new habit Triggers can be location, time, emotional state, other people or the immediately preceding actions
<b>Identify the old habit</b>	Instead of....	Clarity in what you are trying to stop doing
<b>Double S the new habit (short and specific description)</b>	I will....	Clarity on what you want to replace your old habit with. Must be able to explain it is 60 seconds or less
<b>Deep practice</b>	How and when	Can you break the habit into smaller bits and practice them separately Repetition, repetition, repetition Be mindful and notice when it goes well Remember to celebrate success
<b>When you slip up.</b>	If I stumble...	How will you build in a recovery plan Make your habit a resilient system
<b>Buddy up</b>	Who? How I will check in with my buddy.....How often...	A colleague A coach A trusted friend An app