Breaking a Habit Worksheet

The four inversions, plus the one line that decides whether the plan works

The habit I want to drop: _____

The cue that starts it (time, place, feeling, people): _____

1ST LAW (CUE)

Make it invisible

Take the trigger out of the room, not out of your mind.

2ND LAW (CRAVING)

Make it unattractive

Name out loud what it actually costs you.

3RD LAW (RESPONSE)

Make it difficult

Add steps. Distance beats willpower.

4TH LAW (REWARD)

Make it unsatisfying

Put a person, a cost or a record between you and the slip.

The replacement plan

Write it in the positive form. Naming what you will not do has a measured rebound: Adriaanse et al., 2011, PSPB 37(1), 69-81.

When _____

I will _____

The four laws and their inversions are quoted from Atomic Habits by James Clear (Avery, 2018).
Independent study aid. Not affiliated with, nor endorsed by, the author or the publisher.
stellarhabit.com/blog/atomic-habits-cheat-sheet