

Take a quiet minute and look back over the last few months and the habits you have developed.

■ Step 1: Spot what's already working

Write down **three new habits** that have become part of your life recently.

Habit	How often I do it	How it makes me feel

If you're not sure what to write, here are some examples:

- Pausing before you eat and checking in with yourself
- Leaving food behind sometimes
- Drinking water more naturally
- Speaking to yourself with more kindness
- Eating with less urgency
- Choosing rest without guilt
- Noticing emotions without immediately fixing them with food

Habit	How often I do it	How it makes me feel

Step 2: Choose your proud habit

Now circle **one habit** you feel most proud of. This is evidence that your brain is learning a new pattern.

Step 3: Understand your habit loop

Every habit has a loop:
Cue → Behaviour → Reward
Let's map yours.

What triggers this habit?

(What usually happens right before you do it?)
Tick any that fit, or write your own:

- A time of day (morning / evening / after work)
- A place (kitchen / car / sofa / bed)
- A feeling (stress / relief / tired / calm)
- Another habit (after brushing teeth / after dinner)
- A person or situation (kids in bed / finishing work / alone time)

My trigger is:

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What's the reward?

(What do you get from this habit — emotionally or physically?)

Some common rewards:

- Relief
- A sense of control
- Comfort
- Pride
- Space in your head
- Feeling “more like me”
- Energy
- Peace

My reward is:

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How could I make that reward even stronger?

Your brain wants to repeat what feels rewarding, so the stronger the reward feels, the more automatic the habit becomes.

Ideas (pick one):

- Make it more pleasant (music, cosy cup of tea, nicer walking route)
- Make it easier (set it up in advance, reduce friction)
- Make it more meaningful (link it to your identity: "this is who I am now")
- Add a mini celebration so your brain gets a clear "YES, keep this"

One way I'll strengthen the reward:

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■ Mini Celebration (60 seconds, max)

Every time you repeat a habit that supports your new life,
try this:

Smile.

Say: "Well done."

Do a little fist pump or self high-five.

This isn't cheesy — it's training your brain to tag the
habit as valuable.

■ Your celebration plan

When I do my habit, I'll celebrate by:

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And I'll say:

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What does this habit say about who I'm becoming?

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