



CopsAlive.com 5 Step Habit Changing Process

1. **List Your Motivation** - Pain, Importance, Guilt, etc.

What will motivate you to change or start a habit? Write it out here:

2. **Set Small Goals** - One hour, one day, one pound, one push-up, etc. Write your goals for this week here and then set a schedule to follow at the bottom of this page:

3. **Write Down Your Plan and Post It** - Post your goals everywhere so you see them all day long. Post them on the bathroom mirror, refrigerator, nightstand, etc. What do you want to accomplish? What will be your new new **Habit Seeding** trigger? Write out your plan here:

4. **Choose a Replacement Reward - Habit Weeding**: for the pleasure taken away by the bad habit's reward or by replacing unhealthy pleasures with good ones.

5. **Just Do It** - Set a schedule to build a new healthy habit, or remove an unhealthy one, then watch it, tend it and record it for at least 7 days. Set make up times if you miss:

What Habit Will You Work On: _____

Goals:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday - Examine Your Systems And Make Changes As Needed