



This worksheet is in addition to the blog post 'How hard is it to change a habit?'
from <https://towardsrecovery.com.au/>

Breaking Bad Habits Worksheets

When it comes to our own bad habits, we often tend to ignore them. We may feel we can't overcome them, so why bother trying. Yet breaking poor habits is not nearly as hard as one might think. Read the blog post 'How hard is it to change a habit?', and watch the video

'How to Change Bad Habits and Create New Ones', from Smart by Design:
<https://www.youtube.com/watch?v=gc6rvFWVwdc> to find out how a habit is formed in the first place. There are strategies to overcome that annoying or damaging habit and the rewards are worth it!

This worksheet is a visual aid and is designed to help set the stage for your better life. Fill in the following answers and set your new goals. There are two identical forms in case you need them.

Worksheet (Form 1)

Bad Habit I Want to Break

Habit: _____

Why I want to break it / benefits of breaking it: _____

Obstacles might I face while trying to break this habit: _____

I will overcome these obstacles by: _____

Triggers that have me doing the bad habit & how I can avoid them.

_____ (trigger) _____ (how to avoid it)

_____ (trigger) _____ (how to avoid it)

_____ (trigger) _____ (how to avoid it)

Alternative (better habit) I can practise instead: _____

Tools I can use to help break this bad habit:

- _____
- _____
- _____
- _____

People I can turn to, to help me break this bad habit:

- _____
- _____
- _____

How will I celebrate my successes?



- _____
- _____
- _____
- _____

PROGRESS REPORT

WEEK	1 Poorly	2 Okay	3 Steadily Improving	4 Almost There	5 Habit Broken	NOTES: Remember to celebrate your success
1						
2						
3						
4						
5						
6						

If you are struggling with your goals, read the above notes again to refresh your memory about your triggers and goals responses and celebrations and keep trying.

If you are going through a hard time right now, take a break and come back to the Progress Report Worksheet when you are ready.

WEEK	1 Poorly	2 Okay	3 Steadily Improving	4 Almost There	5 Habit Broken	NOTES: Remember to celebrate your success
7						
8						
9						
10						
11						
12						

Thoughts: _____

Good Effort!

Form 2 Worksheet

Bad Habit I Want to Break

Habit: _____

Why I want to break it / benefits of breaking it: _____

Obstacles might I face while trying to break this habit: _____

I will overcome these obstacles by: _____

Triggers that have me doing the bad habit & how I can avoid them.

_____ (trigger) _____ (how to avoid it)

_____ (trigger) _____ (how to avoid it)

_____ (trigger) _____ (how to avoid it)

Alternative (better habit) I can practice instead: _____

Tools I can use to help break this bad habit:

- _____
- _____
- _____
- _____

People I can turn to, to help me break this bad habit:

- _____
- _____
- _____

How will I celebrate my successes?



- _____
- _____
- _____
- _____

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Thoughts: _____

Good Effort!

