My Habit: _____

☑ **Describe my habit intention:**

Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION].

Example for "Morning Workout": When I wake up and after I have used the bathroom, I will put my sports shoes on, go to the front door, put my sports clothes on, put the timer on for 5 minutes, and warm up outside.

Your habit: _____

_____

☑ **Prepare your environment**

To get your habit to stick:	Make it obvious (Cue)	Make it attractive (Craving)	Make it easy and <2 min (Response)	Make it satisfy (Reward)	KPIS for the next 2 weeks
Example of "Morning Workout" habit	-before going to bed, -Place your sports shoes in the bathroom -Put your sports clothes out on a chair close to the front door	-Visualize yourself being energized after the workout (like last time) and fitting in your clothes target	-Sign up for gym for rainy days -by default, warm up a few minutes in your neighborhood	-log my success in my Habit tracking app (Stride) -visualize me achieving my end goal	-in the next 2 weeks, do 6X times
Your inputs	-	-	-	-	-

Get AI to propose some habits examples

WISER SOONER COACHING