



Habit Substitution Worksheet

1. Identify the Habit Loop

- **Cue (Trigger):** _____
 - **Routine (Current Habit):** _____
 - **Reward (Feeling/Need Met):** _____
-

2. Clarify the Real Need

(What am I actually craving — relief, comfort, fun, energy, distraction?)

3. Choose a Replacement Routine

(Brainstorm 2–3 alternatives that could meet the same need more positively)

1. _____
 2. _____
 3. _____
-

4. Make the Replacement Easy

- What can I **prepare in advance** to make this new habit frictionless?

(e.g., keep fruit visible, prep running shoes, block websites)

- How can I make the old habit harder to access (add more friction to it)?

(e.g., don't buy cookies, delete shopping apps, put remaining chocolates in hardly accessible places)

5. Practice in the Moment

- When the cue hits, I will: _____
 - Instead of (old habit), I'll do: _____
-

6. Anchor with Identity

(Write a statement about the kind of person you are becoming)

"I am the kind of person who _____."

7. Track & Reward Progress (track for at least 7, ideally for 21 days, as new habits need repetition)

- 📅 **Daily Log** (checkmark when you do the new routine):
| Date | Cue | Replacement Done? | How I Felt After |
|-----|-----|-----|-----|
||| ☐ Yes / ☐ No ||
- 🎉 **Weekly Reflection:**
What went well? _____
What needs adjusting? _____

8. Celebrate Wins

- What small way will I reward myself for following through?
-

❖ Pro tip: Keep it simple at first. Don't try to replace five habits at once — start with one, succeed, then build momentum.

☒ By filling this in for each habit, you create a clear **map + action plan**, instead of relying on willpower in the heat of the moment.