

A Checklist for Habit Change

In the top space, write the habit you want to master, and below, identify ways to apply some or all of the 21 strategies. For example, for “Get more sleep,” you might write “Set a specific bedtime of 11 pm” next to Scheduling; “Go to bed every night at 11 pm once I start my new job” for Clean Slate; “Change into pajamas by 10 pm” for Convenience; and “Remove the batteries from my TV remote control” for Inconvenience.

By identifying the specific habit you want to master, and the many strategies you could deploy to change it, you’ll set yourself up for success.

HABIT YOU’D LIKE TO MASTER	
Remember to define the habit very specifically: “Bring lunch to work every day,” not “Eat healthier.”	
SELF-KNOWLEDGE	
The Four Tendencies	
Distinctions	
PILLARS OF HABITS	
Monitoring	
Foundation	
Scheduling	
Accountability	
THE BEST TIME TO BEGIN	
First Steps	
Clean Slate	
Lightning Bolt	
DESIRE, EASE, AND EXCUSES	
Abstaining	
Convenience	
Inconvenience	
Safeguards	
Loophole-Spotting	
Distracting	
Reward	
Treats	
Pairing	
UNIQUE, JUST LIKE EVERYONE ELSE	
Clarity	
Identity	
Other People	