

## Habits and Behaviours Workbook

Habit: a behaviour developed through reinforcement and repetition

What habit/behaviour do I want to change?

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What are the thoughts that are linked to the habit/behaviour?

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What are the beliefs that are linked to the habit/behaviour?

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What triggers me to behave in this way?

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How does this current habit/behaviour make me feel?

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How does this habit/behaviour affect me?

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How does this habit/behaviour affect others?

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What are the consequences of continuing this habit/behaviour?

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What aspects of my behaviour do I want to change?

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How would I like to behave differently?

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In what situations would I like to behave differently?

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How will behaving differently make me feel?

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How will behaving differently benefit and affect me?

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How will behaving differently benefit and affect others?

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What thoughts will I need to change to behave differently?

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In what ways will I have to change my thoughts and beliefs to behave differently?

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What actions will I need to take to behave differently?

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*\*Create SPORTY Goals, Guidance in the Goals Workbook\**

How will measure any changes to my habit/behaviour?

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Do I realistically have the skills and resources to make these changes? Yes | No

If No, where can I get help?

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