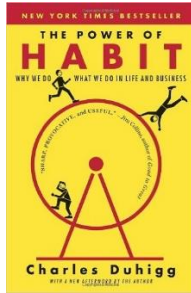


# valYOUable

## actYOUlization worksheet



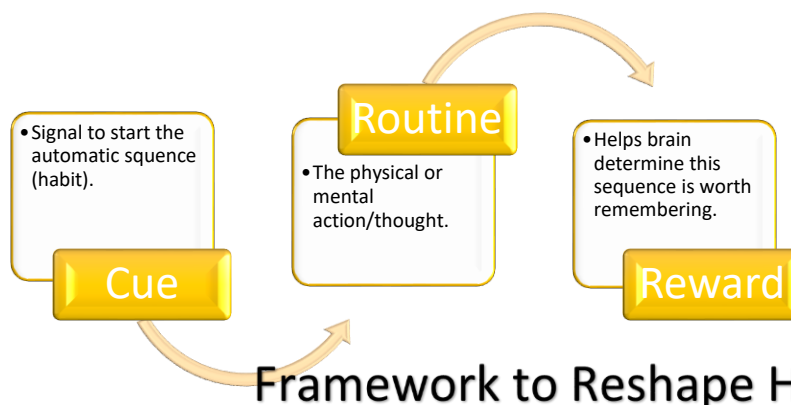
## THE POWER OF HABIT

Why We Do What We Do In Life and Business

By Charles Duhigg

2014 Random House ©2012, 2014 by Charles Duhigg

*“Once you understand that habits can change, you have the freedom- and the responsibility- to remake them. Once you understand that habits can be rebuilt, the power of habit becomes easier to grasp, and the only option left is to get to work.” Charles Duhigg*



### Example From The Book

<b>Identify Routine</b>	<p>What behavior/habit are you trying to change?</p> <ul style="list-style-type: none"> <li>Charles wants to change his habit of eating a cookie every day at work.</li> </ul>
<b>Experiment w/ Rewards</b>	<p>List all of the possible rewards for the behavior. Then experiment by switching your routine to cater to the reward your testing.</p> <p>He tried eating something else to see if it was just hunger. Didn't work. Went for walk. Didn't work. Eventually he realized, he liked the socialization of going to the Cafeteria and talking.</p>
<b>Isolate the Cue</b>	<p>Cues Fit into 5 Categories: Location, Time, Emotional State, Other People, Immediately preceding action. Take notes for a couple days to determine recurring them when you get the craving. Where are you? What Time? Emotional State? Who else is around? What did he just do? He determined his cue was time. around 3:30 every day he got a craving.</p>
<b>Have a Plan</b>	<p>Write out a simple plan, you will follow. His plan was "At 3:30, every day, I will walk to a friend's desk and talk for 10 minutes."</p>

val**YOU**able  
actYOUlization worksheet

## Your Turn!

Identify Routine	What behavior/habit are you trying to change?
Experiment w/ Rewards	List all of the possible rewards for the behavior. Then experiment by switching your routine to cater to the reward your testing.
Isolate the Cue	Take notes for a couple days to determine recurring theme when you get the craving. Where are you? What Time? Emotional State? Who else is around? What did you just do?
Have a Plan	Write out a simple plan, you will follow when you get the craving.

## YOUtilze Charles's Free Tools!

Check out his super cool flow chart explaining how to break a habit!

<http://charlesduhigg.com/resources/>