

Day 2 Worksheet:
Your Brain on Autopilot

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All our life, so far as it has definite form, is but a mass of habits. - William James

Habits are powerful, but delicate. They can emerge outside our consciousness, or can be deliberately designed...They shape our lives far more than we realize--they are so strong, in fact, that they cause our brains to cling to them at the exclusion of all else, including common sense.

”
- Charles Duhigg, The Power of Habit

(1) What is your ANCHOR?

What cues or triggers your habit? What will tell your brain to go into automatic mode?

(2) What exactly is the ROUTINE you'd like to start?

Write it out here, specific behavior by specific behavior -- or in 5-10 minute increments if necessary. A routine can be physical, or mental, or emotional.

(3) How will you REWARD yourself?

How will you send the message to your brain that this particular routine is worth repeating in the future?

Now, please add your reward to your routine, or the list of behaviors that make up your habit or resolution.