



Habit Attaching

Take a few deep breaths and find stillness. Take a few more deep breaths.

For a few moments, reflect on habits that are not serving your best self.

Write them in the box on the right below.

Take a few more moments and write down habits you would like to create in the box on the left below.

Next, match habits you would like to create with already existing habits that are not serving your best self.

Choose one or two new habits to implement and write them and their matched habit in the appropriate boxes below.

Each day when you find yourself drawn to your existing habit, implement your desired habit *first*.

Track your progress daily, and after one week, reflect and journal about the experience.

Habits to create:

Habits that are not serving my best self:

Habit to create:
Attached to existing habit:

Habit to create:
Attached to existing habit:

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							

Journal Space: What worked well, what can be improved, how are you feeling about the exercise, how would you like to improve, etc.



For week two, continue with the same process. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2							

Journal Space: What worked well, what can be improved, what was different this week, how are you feeling about the exercise, how would you like to improve, etc.

Continuing with the same habits: For week three, focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3							

Journal Space: What successes did you experience, how can things be improved, what was different this week, how are you feeling about the exercise, etc.



Repeat for week four. Focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
4							

Journal Space: What successes did you experience, how can things be improved, what was different this week, how are you feeling about the exercise, etc.

Practice creates improvement. Repeat for week five. Focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5							

Journal Space: What successes did you experience, how can things be improved, what can be done differently, what was different this week, how are you feeling about the exercise, etc.



Practice creates improvement. Repeat for week six. Focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6							

Journal Space: What successes did you experience, how can things be improved, what can be done differently, what was different this week, how are you feeling about the exercise, etc.

Practice creates improvement. Repeat for week seven. Focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7							

Journal Space: What successes did you experience, how can things be improved, what can be done differently, what should stay the same, what was different this week, how are you feeling about the exercise, etc.



Practice creates improvement. Repeat again for week eight. Focus on implementing the desired behavior and avoiding the undesired behavior. Track your progress daily, and after the week, reflect and journal about the experience.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8							

Journal Space: What worked well, what can be improved, what was different this week, how are you feeling about the exercise, how would you like to improve, what can be done differently for better outcomes, what should stay the same, etc.

After eight weeks, you can continue with practicing and reflecting with the same habit replacement, or you can return to the beginning with one or two new habits.

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*Please let me know how it goes, how I can support you,
or if you have any questions or comments!*

Wishing you the best day!!

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