

# How to Build the 25 Habits of People who are Happy, Healthy and Successful

1. Track Your Triggers
2. Scrub and Swap
3. Change Your Identity
4. Set Your Pace
5. Trigger Stacking



# Bad Habit TriggerTracker

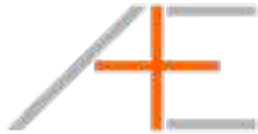


What			
Why			
Who	What	Where	When
friends, family members, co-workers?	stress, anger, nervousness, frustration, boredom, fatigue?	house, car, office, dimly lit places, restaurants, bars?	late at night, while intoxicated, after work, social settings, traveling, before a presentation, near deadlines?

Starting [date], I will [track bad habit trigger] whenever I feel the urge to succumb to [bad habit].

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- 2
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# Bad Habit TriggerTracker



What			
Why			
Who	What	Where	When
friends, family members, co-workers?	stress, anger, nervousness, frustration, boredom, fatigue?	house, car, office, dimly lit places, restaurants, bars?	late at night, while intoxicated, after work, social settings, traveling, before a presentation, near deadlines?

Starting \_\_\_\_\_, I will \_\_\_\_\_ whenever I feel the urge to succumb to \_\_\_\_\_.

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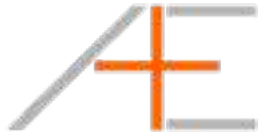
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# New Habit Tracker 2.0



What

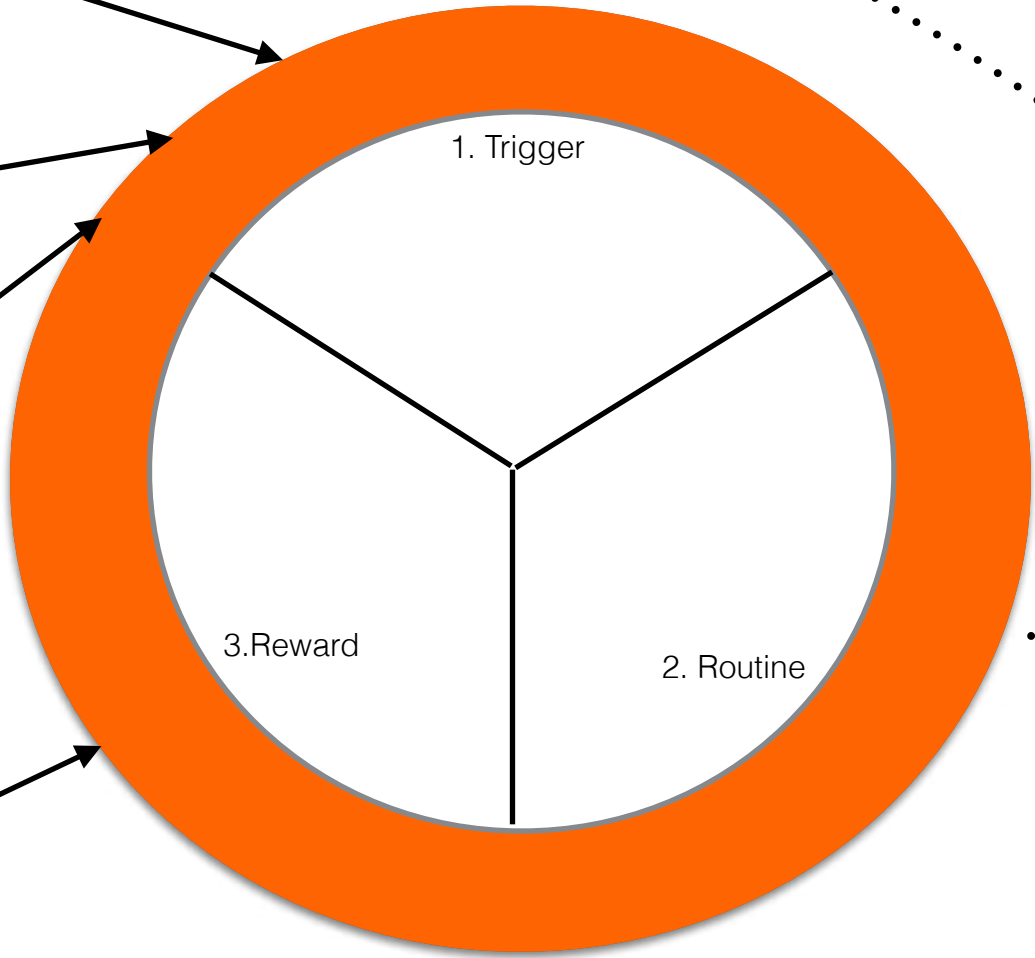
Why

1a. Environment

1b. Reminders

1c. Stacking

3. Tracking



Before/After <b>CURRENT HABIT</b>	I will <b>NEW HABIT</b>

Starting [date], I will [new habit] before/after [current habit] at [time of habit] at/in [place].

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# New Habit Tracker 2.0



What  
Plan my week in advanced

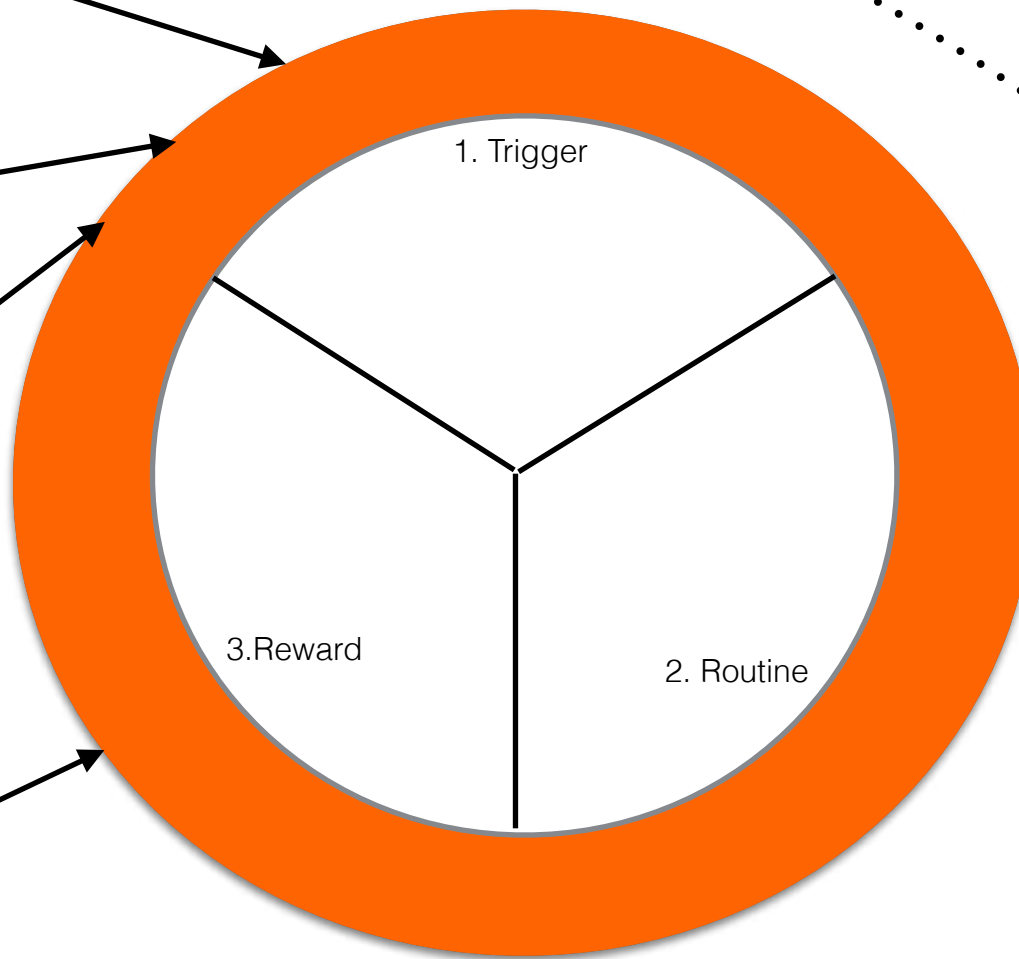
Why  
To accomplish my goals  
more consistently

1a. Environment  
Desk in den  
Put papers in "in tray"  
Put computer on desk

1b. Reminders  
Block off time in calendar  
Set alarm on phone

1c. Stacking  
After dinner

3. Tracking  
Lyft app  
fist pump  
dessert



Before/After <b>CURRENT HABIT</b>	I will <b>NEW HABIT</b>
Wake Up Lunch/Leave Work After dinner Take Shower Eating Breakfast	Drink more water Play more Eat a healthy diet Meditate Plan more

Starting Nov 20th, I will plan my week before/after dinner at 7pm at/in den.

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# New Habit Tracker 2.0



2.What

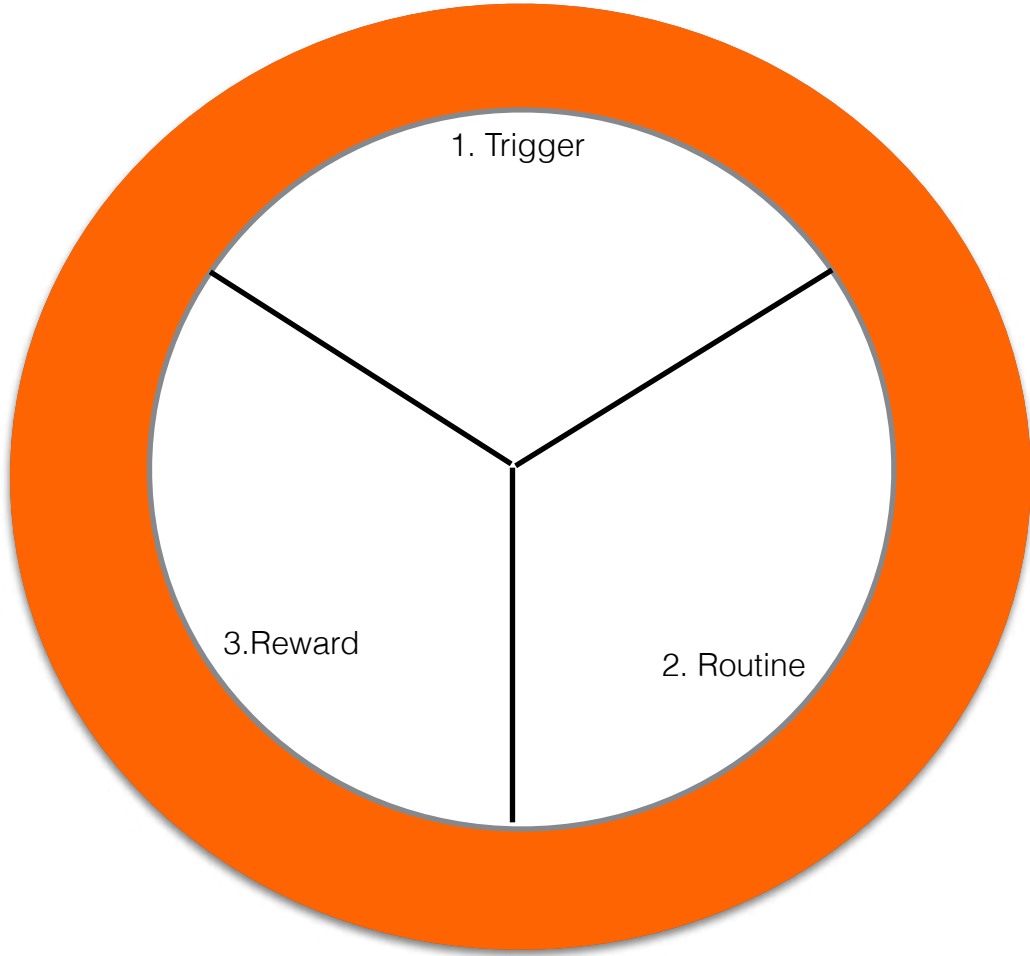
Why

1a. Environment

1b. Reminders

1c. Stacking

3.Tracking



Before/After <b>CURRENT HABIT</b>	I will <b>NEW HABIT</b>

Starting \_\_\_\_\_, I will \_\_\_\_\_ before/after \_\_\_\_\_ at \_\_\_\_\_ at/in \_\_\_\_\_.

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# How to Build the 25 Habits of People who are Happy, Healthy and Successful

## Health

## Intention

## People

## Learning

balanced diet

don't hold everything in head

devote enough time to relationships

make data driven decisions

exercise

know core values

they play

read

adequate sleep

plan

don't take things personally

don't make assumptions

hydrate

change plans

seek to understand

meditation

love what they do

surround themselves with great

take strategic risks

people

have written goals

have abundance mentality

live in the present moment



# Natural Triggers To Stack Onto

## Morning

wake up  
get out of bed  
brush teeth  
shower  
make coffee  
get dressed  
eat breakfast  
walk dog  
drive to work

## Afternoon

sit down at desk  
check email  
snack  
eat lunch  
meeting  
finish work  
leave the office  
commute home

## Night

pick up kids  
get home  
change out of work clothes  
eat dinner  
brush teeth  
change into PJs  
get into bed  
turn off light

