

The Better Habits --- Workbook

A series of carefully designed breakthrough worksheets to help you get the best results getting the into your daily life.

by Susan Pulley





Habit:

Getting better at habits

When adapting an Ayurvedic lifestyle a lot of focus needs to be on determining which habit changes are going to improve your health the fastest... and most sustainably.

Ayurveda is a holistic wellness system. At its center is actions that promote health (rather than patches that address disease). Using Ayurveda helps identify, and prioritize, the specific habits that are the most aggravating or prohibitive, and which habits, foods, and herbs would help people thrive.

Despite this being the foundation of its wisdom, the Ayurvedic education in the West doesn't teach practitioners how to actually communicate how help clients to successfully implement better habits.

You're here because you get it. Working one-on-one with a practitioner is motivating, for a short while, but it isn't nearly as effective as one would hope. You know a lot that would help you already. But you know you need support to actually do those things, and to learn the refined gems Ayurveda offers. The knowledge isn't enough. Something else is just as important as the really good information.

As humans we naturally evolve together - not on our own. That's when I created groups for Vitality Recharge, to help people change their habits, informed by the deep body/mind/spirit wisdom of Ayurveda. I'm realizing something is happening that never happened in one-on-one work: the wellness transformations are happening much faster - and they are sticking as participants are building on it and practicing season after season.

A better system is being created, including a support system for members to improve their habits. By simplifying the deep wisdom of Ayurveda into simple and specific better habits we are stimulating enlightened longevity! The Better Habits Workbook is a series of worksheets to support you in getting better habits into your daily life ! Let me know which ones you like, and which ones work for you!

Susan Renee Pulley
Founder, Atma Ayurveda





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Advice from the Habit Pros

If you plant the right seed in the right spot, it will grow without further coaxing. I believe this is the best metaphor for creating habits. The “right seed” is the tiny behavior that you choose. The “right spot” is the sequencing — what it comes after. The “coaxing” part is amping up motivation, which I think has nothing to do with creating habits. In fact, focusing on motivation as the key to habits is exactly wrong.

Let me be more explicit: If you pick the right small behavior and sequence it right, then you won’t have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot.

BJ Fogg

Make it so easy you can’t say no.

Leo Babauta

Your audacious life goals are fabulous. We’re proud of you for having them. But it’s possible that those goals are designed to distract you from the thing that’s really frightening you—the shift in daily habits that would mean a re-invention of how you see yourself.

Seth Godin

If you want to be the type of person who accomplishes things on a consistent basis, then give yourself a schedule to follow, not a deadline to race towards.

James Clear

“You might have to experiment before you find the right cue that reminds you to start a new habit. You might have to think a bit before figuring out how to make your new habit so easy that you can’t say no. And rewarding yourself with positive self-talk can take some getting used to if you’re not someone who typically does that.”

James Clear

“The most common mistake that people make is setting their sights on an event, a transformation, an overnight success they want to achieve – rather than focusing on their habits and routines.”

James Clear

Habit-Changing Support

Links:

BJ Fogg has excellent material on habit formation. Tiny Habits, is a free e-course Watch his 20 minute video on Motivation Waves and Health Behavior

Leo Babauta often writes very useful posts on habits

Charles Duhigg’s book is a good summary of a lot of habit formation research

Identity Based Habits by James Clear

Watch this TEDTalk by Matt Cutts—“Try Something New for 30 Days.”

Read this article by Charles Duhigg on Lifehacker

How to make a better habit

To become healthier we need to design our daily life around the habits that build a healthier body, a healthier spirit, healthier relationships, and healthier mental habits.

The first part of this process is to get clear that we are going to need to change some habits and let go of outdated patterns. Many of the patterns are unconscious. The process of making the unconscious conscious and purposeful is the practice of yoga.

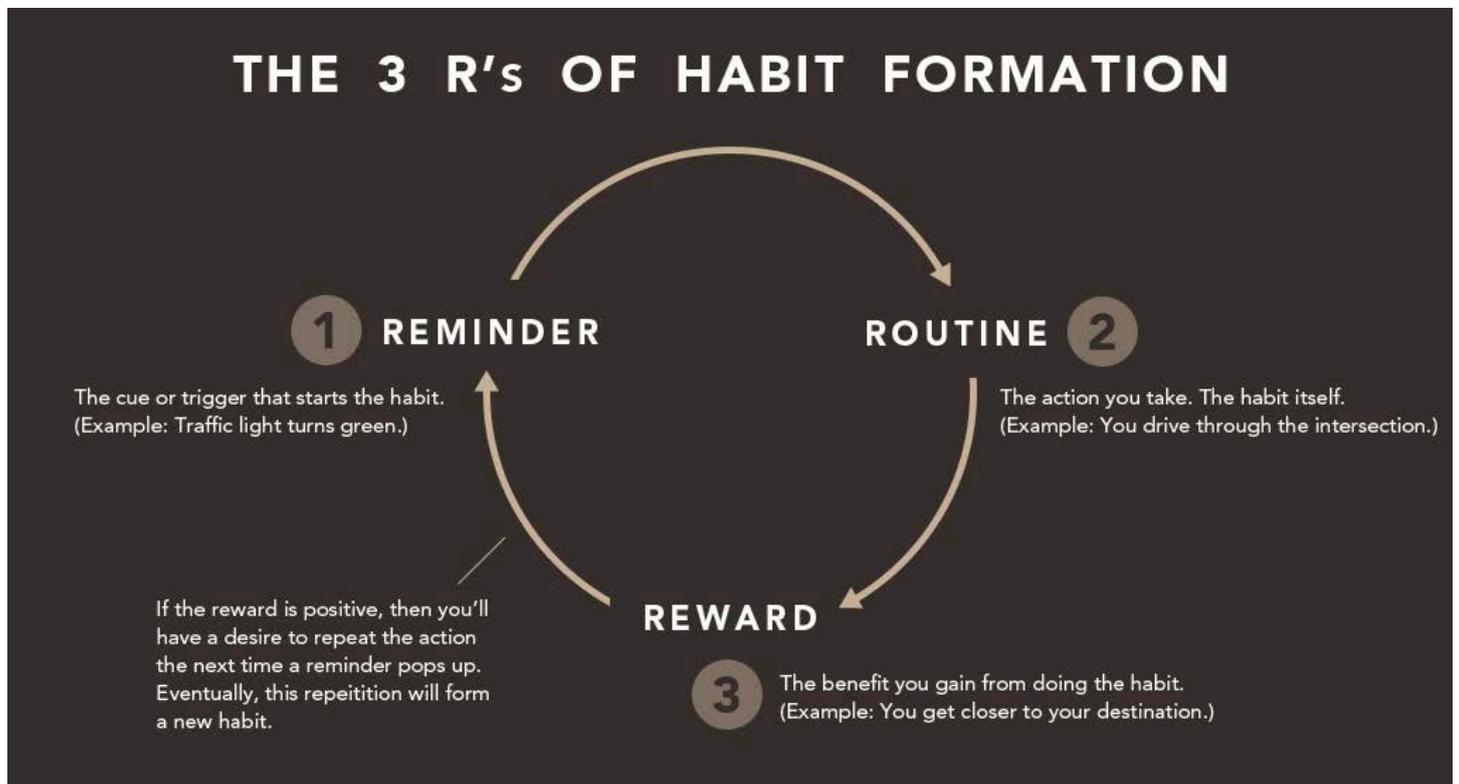
Learning how to build better habits into your daily routines is a good time investment and guarantees your success in becoming healthier.

The science and strategy behind habit change can give us the tools to become the kind of person who has the habits of the person we want to become!

Let's get started.

A habit has 3 parts:

1. Reminder (trigger that initiates the habit)
2. Routine (the habit itself)
3. Reward (the benefit from the habit)



All habits form by the same 3-step process. Here's an example: the traffic light turns green, you drive through the intersection, you make it closer to your destination. Reminder, routine, reward. (Graphic based on Charles Duhigg's "Habit Loop" in *The Power of Habit*. Created by James Clear.)



Your Habits Reflect Who You Are

"The key to building lasting habits is focusing on creating a new identity first. Your current behaviors are simply a reflection of your current identity. What you do now is a mirror image of the type of person you believe that you are (either consciously or subconsciously).

To change your behavior for good, you need to start believing new things about yourself." James Clear

The Layers of Behavior Change

The person that you believe that you are.

"I'm the type of person who never misses a workout."

Your Identity

The actions you take.

Your Performance

"I can do 100 pushups in a row."

Your Appearance

The way the world perceives you.

"It looks like you've lost 10 pounds."

With permission from: <http://jamesclear.com/identity-based-habits>





Identity Evolving Worksheet

When we change our habits we... change! This change is a fundamental transformation to our identity. If we don't know who we're desiring to become, we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

Use this worksheet to drop deeply into who you are becoming.

What kind of person do you want to become?

I want to become the kind of person who

I want to become the kind of person who

I want to become the kind of person who

I want to become the kind of person who

Who is like the person you are describing? (real person, historical or fictional characters)

Once you've filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.



Identify Your Habits

Purpose

To start to recognize our triggers, our habits, and our rewards. There are 5 trigger categories: an emotion, a prior action, a person (i.e. the presence of other specific people), a time, and a place. Use this worksheet to start to break down your habit patterns (good or bad).

5 Habit Triggers	Ex. trigger	Ex. Routine/Habit	Ex. Reward
Emotional	Feel frustrated or excited at work.	Get up and eat a piece of chocolate.	The relaxed expanded feeling from chocolate.
Prior Action	After I workout I make a green smoothie.	Make a green smoothie.	The feeling of feeding myself good nutrients.
Other People	Daughter asks me to read a bedtime story.	Read a bedtime story.	Have a cozy time together.
Specific Time	Waking up.	Drinking water + eliminating.	Get to do yoga.
Specific Place	Sitting at computer	Check my email.	Connected and on top of things.

Now your turn to fill in a few examples of "Trigger-Habit-Reward"

5 Habit Triggers	Ex. Trigger	Ex. Routine/Habit	Ex. Reward
Emotional			
Prior Action			
Other People			
Specific Time			
Specific Place			



Examples of Habit Triggers

The point is to identify triggers you can use as reminders or cues to do a new habit. Once you know what you do each day without fail, and what happens to you each day without fail, you can select one to add a new habit.

Only focus on one habit change at a time. (We selected the one in orange).

TRIGGER Things you do already each day without fail	New Habit you want to add (Circle what you think is the trigger)	TRIGGER Things that happen to you each day without fail, including emotions you feel, or people you interact with.	New Habit you want to add (Circle what you think is the trigger)
Wake up	Scrape tongue	Get asked to make food by kids	Celebrate having a meal plan in place that reduces stress at meals
Make breakfast	Chop veggies for dinner	Feel frustrated or excited at work.	Eat celery and raisins (instead of chocolate) as a break.
Check email	Take 3 deep breaths before checking email	Get frustrated at work	Use work frustration as a trigger to go for a 5 minute walk and return with a clear mind
Eat chocolate	Take a deep breath and experience gratitude. Decide whether to eat chocolate	I watch the kids at the pool	Do fysio or abdominal exercises
Read bedtime story	Connect with a deep joy of time shared	Feel a desire for more time.	Put 10 minutes into tomorrow's agenda to reconnect with what is most important, and cut out other things
Stare out the window	Relax my eyes	Lay down at night	Rub oil on feel or put ghee in eyes just before laying down



New Habit Trigger Worksheet

The point is to identify triggers you can use as reminders or cues to trigger a new habit. Once you know what you do each day without fail, and what happens to you each day without fail, you can select one to add a new habit. Circle the Trigger and the new habit.

Things you do each day without fail	New Habit to add (Circle the trigger on the left)	Things that happen to you each day without fail	New Habit to add (Circle the trigger on the left)



Keystone Habit Worksheet

A **keystone habit** is a behavior or routine that naturally pulls the rest of your life in order. It is something you do that makes the other habits easier. A keystone habit is unique to you, and can change over time.

Examples of keystone habits:

- Breathing exercises
- Meal Planning
- Exercise
- Meditation

One reason the Vitality Recharge program is so effective in helping people take their health to the next level is that you 'try on' proven keystone habits and see what yours might be.

Think about your current habits — good and bad.

Identify 1 habit that sends you into a downward spiral. Identify 1 habit that starts a chain of better choices in motion

(Ex. when I get up and **go for a run**, I always choose to prepare a better breakfast. I'm more alert at work and I sleep better that night.)

Name your keystone habit: _____

List the benefits set in motion:

1. _____
2. _____
3. _____

List some benefits your keystone habit sets in motion:

(Ex. When I check email early in the morning, it makes me cut my exercise short so that I can get to work, skip exercising, or skip exercising completely. I may get hungry before exercising and eat a banana, which weakens my digestion, and I end up rushing to the office. All day I'm more restless at my desk, stressed overall and I don't sleep as well that night.)

Name your bad keystone habit: _____

List the benefits set in motion:

1. _____
2. _____
3. _____

Habits

are not conscious decisions, but instead are routines we default to. Once we start the routine, we go on autopilot and simply go through the steps of the routine. This means that you need to establish a routine for the habit you want to add—that's why you need to be specific. You can evolve the habit over time, but to get started, think small repetition, repetition, repetition.



What is Your Trigger/Reward Worksheet

When we're changing from a bad habit (eating too many cookies) to a better habit (eating foods that make our body feel good) we need to find out **what we're getting out of the "bad" habit**. What we're getting out of it is called the reward.

There is a process of discovery around it — and replacing a better habit that has the same, deeper reward built it.

To figure out what the reward is, figure out your triggers:

When do I do this?

Where do I do this?

Who do I do this with?

What kinds of things are happening when I do this?

Why do I do this?

How do I feel before I do this?

How do I feel after I do this?

Answer these questions over at least a few days. Get super aware of the trigger. Most bad habits our response to stress and boredom. You can't break a bad habit. You can substitute good habit for a bad habit. You'll need to get the benefit of the bad habit without doing the behavior or routine of it.

Eventually, you'll figure out the reward you were after... and be able to design a new habit to get you that in a better, more intelligent way.

What reward am I really after?

What habit/behavior/routine will give me this reward in a better way?



Trading Bad for Better Worksheet 1

"Most bad habits are caused by stress or boredom." **James Clear**

"I add being tired to this list." **Susan Pulley**

Name 1 bad habit you would love to dissipate: _____

Track the habit for 3 days

How many times do you do it? _____

What time(s) of day? _____

What are the triggers:

(Think of what actions or habits precede the undesired behavior.) For example: When I get frustrated on the computer due to technology or bad news, I eat a small piece of dark chocolate.

Trigger 1:

Trigger 2

Trigger 3

How does your environment make your bad habit easier and your good habit harder? For example: Having dark chocolate stash in my house, or the first thing I see when I open the cupboard makes it easy to eat it. Having the TV as the centerpiece to my living room where I relax makes it inevitable that I'll turn it on. How can you change your environment to change your habit?

Environment Change 1

Environment Change 2

Environment Change 3

What better habit would you like to replace your bad habit with? Remember to make it very easy.

What is your Reward? _____

Who do you know would also like to dissolve this habit? _____

Call them and see if you can commit to being accountability partners Ask in our forum if anyone else wants to work on this for a few days

"Right now, your environment makes your bad habit easier and good habits harder.
Change your environment and you can change the outcome."

James Clear



Changing Bad to Better Habit Worksheet 2

Review the 5 habit triggers on the table on the left.

Use the blank boxes on the table on the right to design a better habit. Then, schedule your habit in your calendar for the next month or two to ensure your success.

The 5 Habit Triggers
Emotion
Prior Action
Other People
Specific Time
Specific Place

Bad habit you want to change	Identified Trigger (Which of the 5 triggers?)	Identified Reward	Better Habit
ex. Eating chocolate to take a break from work.	I eat when I feel frustration or tired-emotional trigger!	Temporary emotional pacification due to chocolate (sweet taste)	ex. Substitute celery and raisins. Go to bed earlier.



Peer Support Worksheet

When we change our habits we... change! We need support for the person we are becoming. Yet, often we go looking for that from the same people who are used to us being a person with our old habits.

Two possibilities for peer support exist.

1. Identify people who already have this better habit.
2. Ask your friends, family, accountability partner to support you by helping reinforce your new identity.

Use this worksheet to learn how to mobilize peer support for your better habits.

1. Who already has this better habit? (You don't need to know them personally)

2. Who do I know personally who already has this better habit?

3. Who in my daily life does not have this better habit?

4. Which people in my daily life should I inform of the better habit I am trying to implement? How can I start that conversation so they understand I'm learning and will make several imperfect attempts over time?

5. Who might be able to easily support me in implementing this better habit?

6. How might they be able to support me . How can I communicate clear ways they can support me? (write 1 specific way for each person)

7. List 2 actions you will take to engage peer support, based on this exercise.

a. _____

b. _____

Remember - trying to engage better habits alone isn't the easiest, fastest way. It's the hardest, slowest, least reliable, least fun way! If this is your tendency - try something new. Even if it's awkward at first, reach out... and others will soon reach out to you for support on their wellness path, too.

Engage peer support to reinforce your better habits

Low or High Motivation Worksheet

BJ Fogg teaches how to correct our thinking about change, and emphasize facilitating behavior change, rather than relying on self-motivation!

When Motivation is High

Do the hard things:

1. Create the STRUCTURE for the future behavior

You want to make it hard not to do the new behavior. When you have high motivation, do the hard things that set up the structure for a new default mode. Make it challenging not to follow.

Ex. Want to lose weight. Get shoes. Get a trainer. Schedule the trainer everyday for a week — prepaid. Ouch. Hurts if you try to back out, doesn't it?

2. Identify and remove BARRIERS to good behaviors.

Ex: Buy fruits and vegetables. Wash & cut them immediately when you get home. Put in the fridge — right in the front.

3. Do hard things that increase your CAPACITY.

Ex. Learn a new recipe. It's hard the first time — easy after that.

When Motivation is Low

Do the easy things:

1. Trigger your plan for easy behavior change.

Do the super easy thing that is the smallest first step — Have these predetermined for the everyday reality of low motivation moments/days. The harsh reality is that high motivation is NOT the everyday norm. Don't expect it to be. Plan properly for the slump and you'll breeze through it.

2. "Tiny Habits" - do them anyway.

Ex: The one minute meditation. 30 seconds jumping jacks. the one physiotherapy exercise that helps your back. Do them no matter what mood: how stressed, tired, depressed you feel. Make the action so small you can't refuse.

3. Trust that Baby Steps work for long term change

Make steady progress in the tiny habits. Tiny habits naturally snowball & grow. Refuse to beat yourself up. Keep trusting that the tortoise wins the race every time.



“Motivation is often low. Harness whatever motivation exists in the moment.”

Teachings from

BJ Fogg



Core Strategies to Change Habits

If you're stuck and not able to change a habit — it's all part of the process — and not a problem. Use this checklist to unlock another part of the puzzle you might not be seeing. Just keep looking for the next smallest thing that could work and you'll cultivate healthier habits that lead to a healthier life.

- Change Your Identity to Change a Habit
- Identify Your Keystone Habit
- Use a Trigger to substitute in a new habit
- Batch your habits
- Make it ridiculously achievable to guarantee your success (start small)
- Schedule better habits... don't set goals (Actually put it into your calendar)
- Approach the practice with curiosity — rather than focusing on the performance
- Replace bad habits with better habits
- Kaizen Approach to Habit Change — small incremental improvements
- Surrender into and make peace with the process — not the outcome
- Figure out the "other" rewards you get from a bad habit. Rewire those rewards into your "new" habit
- Identify & focus only on your Keystone habit - the others will follow
- Don't reset your goals- Reconnect to your purpose. What's your "Deeper Why"?
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The Payoff Worksheet

What is the payoff for allowing the resistance to maintain control?	What is the opportunity if you breakthrough the resistance? What is or your potential future experience?
Make a list and add to it throughout the course.	

Your best Self

What does your higher Self say to you?

The Resistance

What does your resistance say to you?
(about your new habits, about the coaching
program, about how you are?)



Limiting belief/higher truth

What are the limiting beliefs that you hear in your internal self-talk?	What are the higher truths that are trying to emerge?
Make a list and add to it throughout the course.	