Break a Bad Habit in 30 Days

HARDER

For three days, change nothing. Just catch every urge and write it down.

THE HABIT I'M BREAKING

Be specific: what, when, where. Not "eat better" but "snacking on the sofa after 9 pm".

3-day urge log

DAY	TIME	WHERE	WHAT I FELT / NEEDED	WHO WITH	DID IT?
1					
1					
1					
1					
2					
2					
2					
2					
2					
3					
3					
3					
3					
3					

Most habits are triggered by the same few things: a time, a place, a feeling, a person or the thing you just did.

Map It, Then Replace It

HARDER

You can't just delete a habit. You swap it for something that meets the same need.

1 · Cue

WHAT SETS IT OFF (FROM YOUR LOG)

2 · Routine

WHAT YOU DO ON AUTOPILOT

3 · Need

WHAT IT GIVES YOU: REST, RELIEF, FUN, COMFORT

4 · Replacement

A NEW ACTION THAT MEETS THE SAME NEED

MY IF-THEN PLAN

If _____ **then I** _____

If _____ **then I** _____

FRICTION I'LL ADD

Make the old habit harder: log out, move it, don't buy it.

CUE I'LL REMOVE

Change the place, the timing or what's in sight.

WHO KNOWS I'M DOING THIS

If I slip: I log the trigger, do my replacement next time, and keep going. A slip is information, not a restart.

The 30-Day Plan

HARDER

One small step a day. Start on any day.

HOW IT WORKS

1. Do today's step.
2. Each urge: do your replacement.
3. Colour a circle. Both count the same.

START DATE _____

FINISH LINE DATE _____

1
NOTICE
Just notice. Log every urge, change nothing yet
URGES _____
○ REPLACED
○ NOTICED

2
NOTICE
Log the time, place and feeling of each urge
URGES _____
○ REPLACED
○ NOTICED

3
NOTICE
Find your top trigger. Fill in page 2
URGES _____
○ REPLACED
○ NOTICED

4
CHANGE THE SETTING
When the cue hits, do your replacement
URGES _____
○ REPLACED
○ NOTICED

5
CHANGE THE SETTING
Add friction: make the habit harder to start
URGES _____
○ REPLACED
○ NOTICED

6
CHANGE THE SETTING
Remove one cue from your space
URGES _____
○ REPLACED
○ NOTICED

7
CHANGE THE SETTING
Put the replacement within reach
URGES _____
○ REPLACED
○ NOTICED

8
CHANGE THE SETTING
Tell one person what you're quitting
URGES _____
○ REPLACED
○ NOTICED

9
CHANGE THE SETTING
Say your if-then plan out loud
URGES _____
○ REPLACED
○ NOTICED

10
CHANGE THE SETTING
Review on page 4
URGES _____
○ REPLACED
○ NOTICED

11
HOLD THE LINE
Hardest time of day? Plan for it
URGES _____
○ REPLACED
○ NOTICED

12
HOLD THE LINE
Urge hits: wait 10 minutes first
URGES _____
○ REPLACED
○ NOTICED

13
HOLD THE LINE
Check the need: tired, bored, stressed?
URGES _____
○ REPLACED
○ NOTICED

14
HOLD THE LINE
Not working? Upgrade the replacement
URGES _____
○ REPLACED
○ NOTICED

15
HOLD THE LINE
Halfway: compare urges with Day 2
URGES _____
○ REPLACED
○ NOTICED

16
HOLD THE LINE
Plan for a social situation
URGES _____
○ REPLACED
○ NOTICED

17
HOLD THE LINE
Slipped? Log the trigger, keep going today
URGES _____
○ REPLACED
○ NOTICED

18
HOLD THE LINE
Remove a second cue
URGES _____
○ REPLACED
○ NOTICED

19
HOLD THE LINE
Reward yourself for one hard moment
URGES _____
○ REPLACED
○ NOTICED

20
HOLD THE LINE
Review on page 4
URGES _____
○ REPLACED
○ NOTICED

21
MAKE IT STICK
Notice what feels easier now
URGES _____
○ REPLACED
○ NOTICED

22
MAKE IT STICK
Plan for your next stressful week
URGES _____
○ REPLACED
○ NOTICED

23
MAKE IT STICK
Explain your if-then plan to someone
URGES _____
○ REPLACED
○ NOTICED

24
MAKE IT STICK
Count your proof so far
URGES _____
○ REPLACED
○ NOTICED

25
MAKE IT STICK
Meet a trigger on purpose, plan ready
URGES _____
○ REPLACED
○ NOTICED

26
MAKE IT STICK
Write who you are without this habit
URGES _____
○ REPLACED
○ NOTICED

27
MAKE IT STICK
Decide your rule after Day 30
URGES _____
○ REPLACED
○ NOTICED

28
MAKE IT STICK
Look back at your Day 1 log
URGES _____
○ REPLACED
○ NOTICED

29
MAKE IT STICK
Thank yourself for one hard day
URGES _____
○ REPLACED
○ NOTICED

30
MAKE IT STICK
Finish line: review on page 4
URGES _____
○ REPLACED
○ NOTICED

Both circles count the same. Noticing an urge and logging it is progress too. Slipped? Not a restart. Miss once, never twice.

Day 10, 20 & 30 Reviews

HARDER

Two minutes every ten days. Fewer urges is the sign it's working.

10

WHAT HELPED	WHERE I SLIPPED, AND WHY	MY CHANGE FOR THE NEXT 10 DAYS

DAYS WITH A CIRCLE, OUT OF 10 _____

20

WHAT HELPED	WHERE I SLIPPED, AND WHY	MY CHANGE FOR THE NEXT 10 DAYS

DAYS WITH A CIRCLE, OUT OF 10 _____

30

DAY 30: MY RULE FROM NOW ON

- ◯ Gone for good
- ◯ Only on my terms
- ◯ Keep going 30 more days

WHAT I DO INSTEAD NOW	NEXT HABIT TO WORK ON

DAYS WITH A CIRCLE, OUT OF 30 _____