3d

Break a Bad Habit in 30 Days

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					
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.

4 Map It, Then Replace It

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

1 · Cue	2 · Routine	3 · Need	4 · Replacement
WHAT SETS IT OFF (FROM YOUR LOG)	WHAT YOU DO ON AUTOPILOT	WHAT IT GIVES YOU: REST, RELIEF, FUN, COMFORT	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.

30 The 30-Day Plan

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.

3× Day 10, 20 & 30 Reviews

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

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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 _____