Bad Habits No More (The 25-Step Checklist)

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www.HabitBooks.com
What is this Checklist?

Thanks for the downloading the *Bad Habits No More* package. Within the zip file, you will find the PDF and audiobook version. My advice is to go through this material first *before* continuing with this checklist.

This checklist is designed as a quick start guide to help you immediately apply the material. While each step is briefly described in this checklist, you should know the “whys” behind their importance before taking action. So be sure to check out the book first.

Okay, with that out the way, this checklist is a recap of the 25-steps that I described in *Bad Habits No More*. The items are put into a series of easy-to-complete actions. I encourage you to print out the next two pages and work your way through the process.

All you have to do is identify the habit and then complete the steps.

So with that in mind, I’ll keep it brief by wishing you the best of luck with your habit change!

Cheers,

Steve “S.J.” Scott

Bad Habit to Break:

Date:

Action Steps:

1. Determine if this habit is actually an addiction. Ask yourself the 12 questions on how to identify an addiction. Get outside help if you need it.

2. Pick one habit to break—make sure it’s a specific action that you can monitor.

3. Commit to focusing on this habit change for the next 30 days. In other words, don’t add any other new behaviors. Finally, identify a potential replacement habit.

4. Set a start date. It could be today or sometime in the near future. Write down this date at the top of this checklist and commit to starting on that day.

5. Create a specific goal (with a target date) for your new habit.

6. Avoid the “cold turkey” solution where you swear to never do the bad habit again.

7. Determine the frequency of your bad habit—how many times per day do you engage in this activity?

8. Create a series of incremental goals where you reduce the frequency of the behavior while substituting it with the positive habit.

9. Understand that your habit usually follows a predictable three-step pattern. There is a cue to do the behavior, the reward that you’re consciously (or subconsciously) seeking and the routine that you follow.

10. Write down your habit triggers whenever you feel the urge. Include five pieces of information:
   
   I. Location: Record where you are.
   II. Time: Write down the exact time when you felt the urge.
   III. Mood: Record your emotional state and what you’re thinking.
   IV. People: Who is with you or who is around you?
   V. Action: What did you just do? What are you currently doing?
11. Test different routines when you feel like doing the bad habit.

12. Identify the new routines that produce the same feeling of reward.

13. Create “if-then” plans. Identify your major triggers, then have a specific strategy of what you’ll do when they occur.

14. Use a habit reminder (like the Mind Jogger app) to stay consistent with the new behavior.

15. Maintain an accountability journal (or use an app like Lift.do) to monitor your habit change.

16. Make public declarations about your habit change by harnessing the power of social media, interpersonal connections and Lift.do.

17. Work with a “habit accountability partner” if you’re having trouble with staying consistent.

18. Ignore the negative influences in your life and have a plan for how you’ll respond when they provide that not-so-helpful feedback.

19. Avoid the trigger locations where you typically do the bad habit.

20. Maintain a healthy lifestyle and avoid the activities that often cause ego depletion.

21. Avoid succumbing to the “what-the-hell-effect.” If you slip with your habit change, don’t use it as an excuse to binge on the behavior.

22. Practice streaking by doing the replacement habit on a daily basis.

23. Forgive yourself if you slip up with the habit change.

24. Celebrate the “small wins” as you build the replacement habit.

25. Once you’re firmly on the path to breaking the bad habit, look for other habits to add to your life.