

Open Your Class With This Tomorrow- *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*

Habit Change Plan

Acknowledgment: *Books for Psychology Class* would like to thank Caroline Shupe of Adlai E. Stevenson High School for creating this amazing activity.

Directions: Follow the steps below to create a new productive habit or break an ineffective habit.

Step 1: What is the habit/behavior you currently engage in that you would want to eliminate or a new behavior that you would like to adopt? Identify the behavior below and be clear about whether this is something that you are adding or eliminating.

Explain why you chose this specific behavior. Why are you motivated to create or replace this habit? What do you think the effects of this change will be on your life?

Step 2: Using James Clear's approach to habit change, apply the components below to determine how you might approach this behavioral change.

Noticing (Cue)- Law #1 - Make it Obvious:

What adjustments could you make to your environment to enable you to adopt a new habit? What changes could you make to provide yourself with a cue to carry out the habit? If you are trying to eliminate an unwanted habit, what adjustments could you make in your environment to make your habit more "invisible" by eliminating the cue? For example, if you want to eat healthier, place the snacks you want to eat in easy-to-reach places, and put unhealthy snacks in difficult or hard-to-reach locations. Explain your plan below.

To help you with your plan, think about what could happen if your plan fails before you get started. Imagine that your plan for habit change has been unsuccessful six months from now. What are some reasons that might have happened? Identify at least three possible roadblocks in your reflection. What could you do to prevent these roadblocks?

Wanting (Craving)- Law #2 - Make it Attractive:

How could you use the framing effect to make your new habit seem more attractive (by highlighting the positive outcomes) or your old unwanted habit seem less attractive (by highlighting the negative outcomes)? The framing effect is the idea that the way ideas are worded influences how they are evaluated. Explain your plan below.

Doing (Response)- Law #3 - Make it Easy:

How could you use habit shaping to help you acquire this new behavior? Habit shaping is a type of operant conditioning that reinforces successively closer approximations of a desired voluntary response that is applied to starting a new habit. What steps would you use? If you are trying to eliminate an unwanted behavior, what steps could you take to train yourself to stop engaging in this action gradually? The author recommends starting by using the 2-minute rule. Begin to create your habit by completing the smallest version of the behavior you want to start. Next, advance to progressively longer or more elaborate versions of the habit. For example, if you want to start working out, begin with only a two-minute version.

Liking (Reward)- Law #4 - Make it Satisfying:

Do you feel your behavior will best be shaped by using B.F. Skinner's principles of punishment (for unwanted behavior) OR reinforcement (to adopt a new behavior)?

Explain how you would use punishment or reinforcement in your plan based on your explanation. What reinforcement or punishment would be the most motivating for you? When would it be given? Who would administer the punishment or reinforcement in your plan?

Observational Learning: The Role of Others in Shaping our Habits

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<http://www.weebly.com/weebly/main.php>

Who in your daily life might play a role in helping you to adopt this new habit or eliminate an undesired habit? Explain who your accountability coach (or coaches) will be and why you chose them.