

# HABIT CLEASER

## Refining Habits to Promote Vitality

Unintended habits can form when we repeat an action, in response to a certain cue, that triggers the reward system in our brains. Not all unintentional habits are bad, but some may be misaligned with our desired lifestyle.

### HABITS TO CLEANSE

What actions and behaviors are most contributing to stress and overwhelm?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Rank your habit list to identify which habits you want to cleanse first.

Complete the following sections for the first habit you want to cleanse from your life. Repeat these steps for any habits that you will cleanse at the same time. Come back to this form to repeat this process each time you are ready to cleanse a new habit from your life.

### FINDING THE WHY

HABIT TO CLEANSE: _____	
How is this contributing to my stress and overwhelm?	
What do I deserve in life that this habit is preventing me from experiencing?	
What will happen if I break this habit?	
What is holding me in this habit?	

# ACTION PLAN

## HOW

**WHAT** cue triggers the unwanted action or behavior?

**WHERE** does this cue typically occur?

**WHEN** does this cue typically occur?

How will I interrupt the habituated response?

**WHAT** is my desired replacement behavior or action?

**SPECIFICALLY, What Will I do?**

**WHEN** will I take these actions?

**WHAT** do I need to put in place to make this achievable?

**HOW** will I know I am successful?

**WHO** will support me as an accountability partner or champion?

**HOW** will I enlist their support?

**WHO** might be a bad influence?

**HOW** and **WHEN** will I explain my need for distance and under **WHAT** circumstances?

**WHEN** and **HOW** will I follow up to check in on my progress?

# CONTINGENCY PLAN

Cleansing habits can be challenging, when life gets in the way we need to be flexible. To bend without breaking, draft a contingency plan that enables you to flow with life while upholding your WHY. Use this only as a safety-net, and resist falling back on it unless necessary.

PROTECTING THE WHY	
WHEN do I expect resistance to my plan?	
In WHAT circumstances will I allow myself to succumb to the unerving habit?	
Specifically HOW will I protect my WHY?	
WHAT action or behavior will I utilize to satisfy my goal?	
HOW is my contingency action or behavior aligned with my WHY?	
HOW often can I use my contingency plan without jeopardizing my success in cleansing this habit?	
WHEN and HOW will I follow up to check in on how frequently I rely on my contingency plan?	
WHAT changes will I make if I use the contingency plan too often?	

If you notice that you fall back on your contingency plan often, consider making an adjustment to your Action Plan to better support successful cleansing of unintended habits. For more support reach out to us at [workwellpeoplesolutions.com](http://workwellpeoplesolutions.com).