

THEHAPPIERSTUDIO.COM

The
**HABIT TRACKER
WORKSHEET**

created by SHANNEN VAN DER KRUK

Welcome

Hi there, I'm Shannen, and I'm so glad you're here.

This habit tracker was created to help you stay consistent with the small actions that build a better life, one day at a time.

Because here's the truth: change doesn't happen all at once. It happens through the quiet power of daily habits. The ones that support your goals, align with your values, and move you closer to the person you want to become.

Inside, you'll find a simple, flexible layout that makes it easy to track your progress, stay motivated, and build momentum, without the pressure of perfection. Whether you're trying to start something new or stick to what already works, this is your space to show up and stay on track.

Let's build it—habit by habit.

Warmly,

Shannen van der Kruk



Founder of The Happier Studio



Contents

06	The Science Behind The Habit Tracker Worksheet
12	Let's Start By Identifying Your Goals
19	Habit Tracker Worksheet
30	References



The Science Behind The Habit Tracker Worksheet

What Are Habits?

Habits are automatic behaviours that you do without thinking. They are the small decisions you make and actions you take every day.

According to psychological theory, a habit is only a habit if it is an action that happens automatically when we encounter a certain setting or situation - also known as a contextual cue - in which that action has been performed in the past.

For example, automatically washing hands (action) after using the toilet (contextual cue), or putting on a seatbelt (action) after getting into the car (contextual cue), are all habits that we do without having to think about it.

Because a habit is automatic, it overrides intentional behaviour. This means that as you repeat an action over time, the habit becomes stronger and it becomes harder to perform a different action, even if you intend to do so.

How Are Habits Formed?

Habits emerge because the brain is constantly looking for ways to save effort. So, when an action becomes automatic, the brain uses less energy for making decisions and can focus on other things that may need the energy.

The process of building a habit can be divided into four simple steps: cue, craving, response, and reward.

THE PROCESS OF BUILDING A HABIT



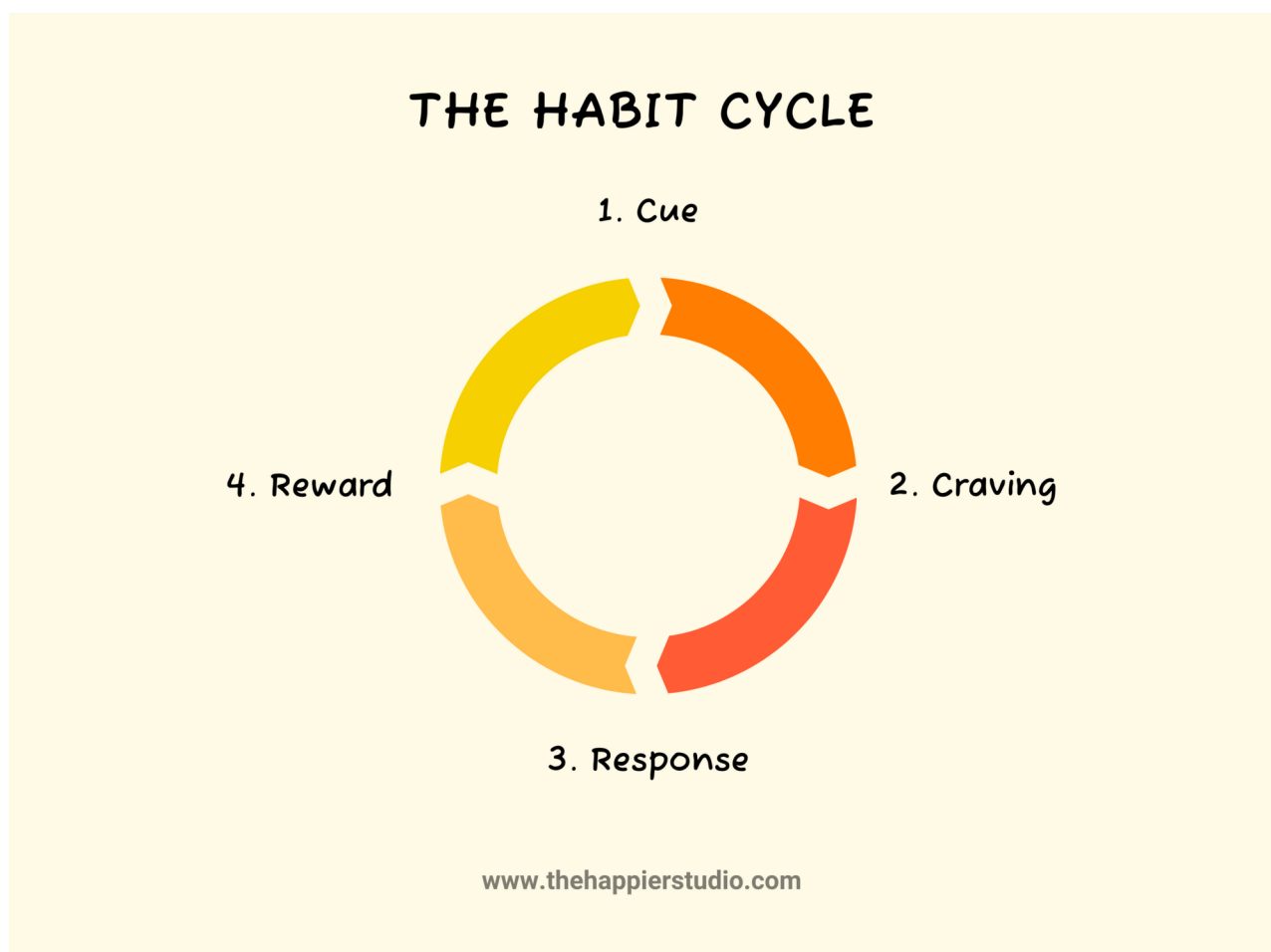
First, there is the cue. This triggers your brain to initiate a certain behaviour. As the cue is the first indication that we're close to a reward, it naturally leads to a craving.

In turn, this craving is the motivational force that makes us want to act. If this craving is strong enough, we respond. The response is the actual habit you perform, which can take the form of a thought or an action.

There are two reasons as to why we chase rewards:

- 1) Rewards satisfy our cravings
- 2) Rewards teach us which actions to remember

Rewards also complete the habit cycle.



If, at any stage, the behaviour is insufficient, the action will not become a habit. It's an endless feedback loop that never turns off, and your brain is always working hard in predicting and trying different responses.

How To Build New Habits?

Understanding habit building and formation is essential for making progress in your health, your happiness, and your life in general. However, without taking action, it is impossible to build new habits that last.

Using the four step cycle of cue, craving, response and reward, we can better understand how to design good habits.

- 1) Cue: make it as obvious as possible
- 2) Craving: make it as attractive as possible
- 3) Response: make it as easy as possible
- 4) Reward: make it as satisfying as possible

We often set goals that are too big. With this comes the belief that we need motivation and willpower to do this.

However, motivation is only a word we use to procrastinate from the things that we know we should do, and the bigger the goal is, the more motivation we believe we need.

So, to build new habits, we should start with a really tiny habit and increase it over time.

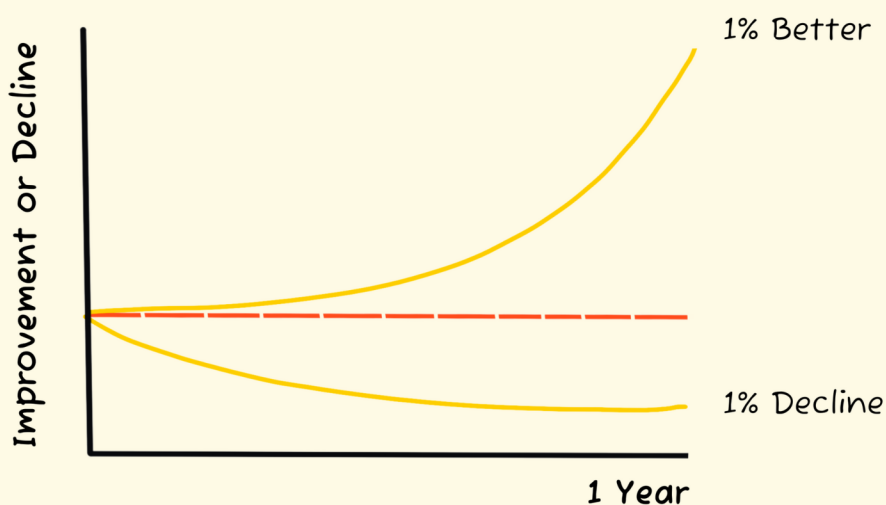
THE HABIT TRACKER WORKSHEET

For example, if you want to make exercising a habit, instead of going to the gym 5 times a week from the beginning, you should start by going to the gym once a week.

Only when we have made this a routine, we can increase it by, for example, going to the gym twice a week.

Even a modest 1% improvement every single day means you will be 37 times better then when you started.

THE POWER OF TINY GAINS



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Identify Your Goals

Reflect On Your Current Life

Before you can start building new habits, it is important to reflect on your current life and identify the person you wish to become.

Identifying the areas you wish to improve in your life is the first step to building long, lasting habits.

These prompts will help you do this by thinking more deeply about your current habits and the changes you would like to make. Please answer the questions as honestly as you can.

What Areas Would I like To Improve In My Life?

My Identity

Decide the type of person you want to be by asking yourself the following below.

Describe The Type Of Person Who Can Achieve The Outcomes That You Want.

Who Do You Want To Be?

What Values Do You Want To Stand For?

What Principles Are Important To You?

Values-Based Goal Setting

Although awareness of the person you want to become is essential, it means very little if there is no action taken to live by those values [5-8].

Goal setting and formulating the habits you want to build into an actionable plan, will enable you to live in line with your values and get closer to the person you want to be.

At the end of the day, the overarching goal of putting your identity and values into actions is to help you live an authentic, purposeful, and intentional life.

What Are The Domains Of Life I Want To Work On? Pick Three domains.

You can use the results of the life satisfaction evaluation as a starting point.

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Why Are These Domains Important To Me?

1. _____

2. _____

3. _____

What Values Underly The Desired Changes?

For example, you may have chosen to work on the life domain 'Family', because you want to spend more quality time with the people you love as you want to become a more caring person.

The values underlying these reasons may be love, caring, accountability, family-orientedness.

THE HABIT TRACKER WORKSHEET

1. _____

2. _____

3. _____

Set Your Value-Based Goals

Once you have identified your values, you can put them into action by setting both long-term and short-term goals in the form of an implementation intention.

For instance, if 'caring' is a value that underlies the desired change, you may set the long-term goal of regularly checking in with your family. The short-term goal to this could then be: When I wake up, I will send a message to my mum.

Make sure your short-term goals are small, specific and easy enough to implement.

Domain 1. _____
Long-term goal: _____

THE HABIT TRACKER WORKSHEET

Short-term goal 1: _____

Short-term goal 2: _____

Domain 2. _____

Long-term goal: _____

Short-term goal 1: _____

Short-term goal 2: _____

Domain 3. _____

Long-term goal: _____

Short-term goal 1: _____

Short-term goal 2: _____



Habit Tracker Worksheet

Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

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