

Bitesize Business Breakthrough



...in the time it takes to drink a cup of tea

Build Better Habits

Support tools and resources

Habit Change Worksheet: James Clear's *Atomic Habits*

Step 1: Identity-Based Habit

Start by defining the type of person you want to become.

- ♦ Identity: Who is the person you want to be?

Example: "I'm a consistent, focused leader."

My Identity Statement:

"I'm the kind of person who _____."

Step 2: Habit Intention

Clarify your desired habit in a way that links it to time and place.

- ♦ Habit Intention:

Example: "I will write my top 3 priorities at my desk after my coffee."

My Habit Intention:

I will _____ at _____.

Step 3: Apply the 4 Laws of Behaviour Change

- ♦ Law 1 – Make it Obvious:

How will you create a clear cue or visual reminder?

- ♦ Law 2 – Make it Attractive:

How can you make the habit appealing or enjoyable?

- ♦ Law 3 – Make it Easy:

How can you reduce friction or lower the barrier?

- ♦ Law 4 – Make it Satisfying:

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What will make the habit feel rewarding?

Step 4: Habit Tracker (Optional)

Use this to track your consistency and reinforce identity.

Day	Did I Do the Habit?	Identity Reinforced
1	Y / N	
2	Y / N	
3	Y / N	
4	Y / N	
5	Y / N	

Bonus: Habit Stacking Formula (Optional)

Use this to anchor your new habit to something you already do.

After I _____, I will _____.

Example: After I pour my morning coffee, I will open my notebook and plan the day.