

HABIT FOCUS FORM

What does your home look and feel like? Can you fully relax or is clutter distracting you. What challenges do you come up against? Is there any habit you could start to control your stuff?

Follow below steps to create habits that make your life easier.

- Write a list of the current habits that you do each day
- Write a second list with the habits you like to start
(check Quit Clutter Maintenance Checklist)
- Pick one habit and look for the appropriate place to stack it
- Write it on the next page of this Habit Focus Form to keep yourself accountable and measure success

CURRENT HABITS I DO EACH DAY

HABITS I WANT TO START

Habit Focus Form - page 2

CURRENT HABIT I DO EACH DAY

HABIT I WANT TO START

Trigger that prompts this habit

Day of the week: _____

Time of the day: _____

What I do to remind myself: _____

When I am reminded I will: _____

Challenges that might come up

How I will deal with that challenge

Who I will ask to support me in this

Why this change is important to me

Date in 4 weeks

	M	T	W	T	F	S	S
Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My reward