

Habit Tracker - It's Not What You Think!

Many habit trackers are about tracking the good, but what about what got you there?

This bad habit tracker is about bringing into consciousness the habits that maybe aren't so great, taking responsibility for them, and changing behaviors and reactions. By learning from past consequences of these bad habits and getting started on the path to change for the better.

When you know what's not good for you or others around you, you can change the outcome (consequences) for a brighter, more positive future.

Current habit (or pattern):	Consequence (reaction or behavior) due to this habit (pattern):	New behavior or habit that will help break the old habit (pattern):	Result (reaction or behavior) due to this NEW habit (pattern):
<p><i>Example:</i> My obsessive thinking when I go to the gym closer to my house distracts me from my workout. Sometimes, I even become anxious or forgetful.</p>	<p>I can't focus. I am stuck in my mind through my workout. Sometimes I even drop weights or forget my keys in the cup holder on a machine I'm using which can lead to them getting stolen.</p>	<p>I can drive to the gym that's 5 minutes further away. This will put me in a different (new) environment where I have no obsessive thoughts to distract me because there is no story my mind has built in this space.</p>	<p>I am more focused on my workouts. I remember to grab all of my belongings and can enjoy being in the present environment I am working out in. Sometimes, I even stay longer at this gym and don't rush through my exercises.</p>

Use the space below to express (through drawing and/or writing) emotions, thoughts, feelings, anxieties, accomplishments, rewards for building good habits, or whatever else comes to mind.