

Habit Reset Worksheet

Choose one low-risk action. You can write briefly and revisit this page later. There is no deadline to complete it.

1 My action and reason

The action I wanted to repeat:

Why it matters to me now:

If this reason no longer fits, I can choose a different action or stop.

2 A recent opportunity

The moment I expected to do it:

What happened instead:

The cue was absent / I did not notice it / the action was difficult / support was missing / another reason:

3 One adjustment

I will change my cue / action / support (circle one).

The one change I want to try:

Why this may fit better:

4 My revised plan

If happens, then I will

Optional: If that moment is unavailable, my next suitable choice is

5 Review after several opportunities

Did I notice the cue?

Was the action feasible and useful?

I will keep / change / pause / retire this plan because

Whole & Steady • Habit Reset Worksheet • General educational planning tool. It does not replace individualized health or mental health care.