



## Building New Habits in Recovery Worksheet

<p><b><i>What new habit/habits do I like to build?</i></b></p>	<p><b><i>What difference I am expecting in my life if I build these habits?</i></b></p>
<p><b><i>Why do I want to build these habits? What is my motivation behind this?</i></b></p>	<p><b><i>Who is gonna help or support me?</i></b></p>
<p><b><i>What challenges I am going to face and what obstacles i might face in building these habits?</i></b></p>	<p><b><i>What would I do if I start to lose motivation or get frustrated?</i></b></p>
<p><b><i>How am I gonna fight with these challenges and obstacles in my way?</i></b></p>	<p><b><i>How am I gonna start? My first action plan would be...</i></b></p>

<p><b><i>I am feeling</i></b></p> <p><b><i>Excited</i></b> _____</p> <p><b><i>Worried</i></b> _____</p> <p><b><i>Motivated</i></b> _____</p> <p><b><i>Anxious</i></b> _____</p> <p><b><i>Other</i></b> _____</p>	<p><b><i>I am starting this action/ habit on this date</i></b> _____</p>

## Reference

[Gardner, B., Lally, P., & Wardle, J. \(2012\). Making health habitual: the psychology of habit-formation and general practice. Br J Gen Pract, 62\(605\), 664-666.](#)

You can find more wellness and mental health worksheets [here](#).