Choose Your Own Challenge: Kick a Habit

Habits are what our routines are centered around. About 40% of our daily behaviors come from habits per Duke University. They can help us function day to day, like working on to do lists and taking care of loved ones. Some can keep us from being our best selves and living our best lives. This challenge will help break down the what, why and how of your habit, and help you start working on a plan to redirect them. There are three different challenges you can pick from; no matter where you are on your quit journey, whether it’s 2 weeks or 6 months, pick the challenge that makes the most sense for you. Celebrate the small wins and turn in what you have, by completing one of the three challenges below for Be Well UC points. Channel your inner ninja and kick a habit!

“After a few days you’ll have a chain. Just keep at it, and the chain will grow longer every day. You’ll like seeing that chain, especially when you get a few weeks under your belt. Your only job next is to not break the chain.” –Jerry Seinfeld

Challenge 1: Name Your Habit
What do you want to work on? Acknowledging and accepting your decision to move forward is your choice. Brainstorm one or a few below. Circle the habit you want to focus on and kick!

Example:
I love sweets and have them often throughout the week.

What Would You Want to Change about the Habit?
Example: Allow myself to have sweets 2 times per week. Cut portion of sweets down by half.

Remember to turn in this tracking sheet to earn your 10 points at wellness@uc.edu or to ML0039.

NAME: _____________________   M#: ___________________________________________
EMAIL: ______________________________________________

Live Well  Questions? Please contact wellness@uc.edu  uc.edu/hr/bewelluc
**Challenge 2: What Are Your Rules?**

A habit loop consists of three elements: a cue, a routine, and a reward. Understanding these elements can help in understanding how to change bad habits or form better ones.

Identify the 3 R’s of this habit to recognize what keeps bringing you back.

<table>
<thead>
<tr>
<th>EXAMPLE HABIT LOOP:</th>
<th>YOUR HABIT LOOP:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone/device use</td>
<td></td>
</tr>
<tr>
<td>Reminder</td>
<td>Reminder</td>
</tr>
<tr>
<td>Constant notifications, real time “connection”</td>
<td></td>
</tr>
<tr>
<td>Routine</td>
<td>Routine</td>
</tr>
<tr>
<td>Pack gear and add gym schedule to my calendar so it will prompt a reminder/alert.</td>
<td></td>
</tr>
<tr>
<td>Reward</td>
<td>Reward</td>
</tr>
<tr>
<td>Feel connected with what is going on, on-demand connection</td>
<td></td>
</tr>
</tbody>
</table>

**Prepare for Battle**

What's going to help keep you on track and support your decision? Keep it realistic and obtainable. Star the ones you plan to try, and jot down other tools you will use.

- Find a buddy you can count on. Share your intentions and progress with them.
- Use words wisely. Use “I don’t” vs. “I can’t”. 8/10 are successful with meeting goals when using “I don’t”.
- Lean into available resources:
  - Cessation resources [bit.ly/tobaccofreeuc](bit.ly/tobaccofreeuc)
- Idea: _______________________________________________________________
- Idea: _______________________________________________________________
- Idea: _______________________________________________________________

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Challenge 3: Habits, How Can You Break Them?
Redirecting our habit loops can help achieve the behavior you want to see. Start small to work towards your ultimate win. Think KAIZEN - continuous, small improvements to better yourself. Set a milestones to keep you on track. Give them dates and rewards for motivation to stick with it. It can take an average of 66-76 days to develop a new habit.

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Date to Complete</th>
<th>Reward</th>
<th>Progress Report</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 1 week with less tobacco</td>
<td>Feb. 8, 2019</td>
<td>$20 at Target – splurge on something I wouldn’t normally buy</td>
<td>Almost made it!</td>
</tr>
</tbody>
</table>

References & Resources
- Kaizen: https://www.kaizen.com/what-is-kaizen.html
- The Habits Guide: How to Build Good Habits and Break Bad Ones: https://jamesclear.com/habits
- Technologies for Reflection and Behavior Change: http://persuasive.cut.ac.cy/2016/06/18/designing-for-different-stages-in-behaviour-change/
- 3 Scientifically Proven Ways to (Permanently) Break Your Bad Habits: https://mayooshin.com/how-to-break-a-bad-habit/

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