

## Atomic Habits Worksheets

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### Part 1: Building a Foundation

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#### What is the first step in the habit loop?

*Hint: Think about the initial trigger for a habit.*

- A) Craving
- B) Cue
- C) Response
- D) Reward

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#### Which of the following are components of the habit loop?

*Hint: Consider the elements that make up the process of forming a habit.*

- A) Cue

- B) Craving
- C) Response
- D) Reflection

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**Describe the concept of 'habit stacking' and provide an example of how it might be used in daily life.**

*Hint: Think about how you can link new habits to existing ones.*

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*Hint: Think about how to build new habits on top of existing ones.*

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*Hint: Think about how to build new habits on top of existing ones.*

**What does the term 'identity-based habits' refer to?**

*Hint: Think about the focus of habits in relation to personal identity.*

- A) Habits that are based on external rewards
- B) Habits that are focused on becoming a type of person
- C) Habits that are easy to perform
- D) Habits that are tracked daily

**What does the term 'identity-based habits' refer to?**

*Hint: Think about how habits relate to personal identity.*

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## Part 2: Understanding and Application

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### How does environment design influence habit formation?

*Hint: Consider how your surroundings can affect your behavior.*

- A) It makes habits more visible and accessible.
- B) It increases the difficulty of starting new habits.
- C) It discourages habit formation by adding obstacles.
- D) It focuses solely on internal motivation.

### How does environment design influence habit formation?

*Hint: Consider the role of your surroundings in shaping habits.*

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### Explain how 'implementation intentions' can help in forming new habits. Provide an example.

*Hint: Think about how planning can make habits easier to adopt.*

**Explain how 'implementation intentions' can help in forming new habits. Provide an example.**

*Hint: Think about how planning can facilitate habit formation.*

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*Hint: Think about how planning can facilitate habit formation.*

**If you want to break a bad habit, which of the following actions would be most effective?**

*Hint: Consider strategies that reduce the appeal of the habit.*

- A) Make it invisible
- B) Make it attractive
- C) Make it easy
- D) Make it satisfying

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**If you want to break a bad habit, which of the following actions would be most effective?**

*Hint: Consider strategies for reducing the likelihood of engaging in a bad habit.*

- A) Make it invisible
- B) Make it attractive
- C) Make it easy
- D) Make it satisfying

**Imagine you want to start a new habit of reading every night. How would you apply the Four Laws of Behavior Change to establish this habit?**

*Hint: Think about how to make reading a part of your routine.*

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### Part 3: Analysis, Evaluation, and Creation

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**Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?**

*Hint: Consider the impact of self-perception on behavior.*

**Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?**

*Hint: Consider the psychological aspects of habit formation.*

**Analyze the relationship between identity-based habits and long-term behavior change. Why is focusing on identity more effective than focusing on outcomes?**

*Hint: Consider the impact of identity on motivation and persistence.*

**Which of the following scenarios best illustrates the concept of habit stacking?**

*Hint: Think about how one habit can be linked to another.*

- A) Drinking coffee while watching TV
- B) Meditating right after brushing your teeth
- C) Exercising once a week
- D) Reading a book occasionally

**Which of the following scenarios best illustrates the concept of habit stacking?**

*Hint: Think about how habits can be linked together.*

- A) Drinking coffee while watching TV
- B) Meditating right after brushing your teeth
- C) Exercising once a week
- D) Reading a book occasionally

**Which of the following scenarios best illustrates the concept of habit stacking?**

*Hint: Think about how one habit can be built upon another.*

- A) Drinking coffee while watching TV
- B) Meditating right after brushing your teeth
- C) Exercising once a week
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**Evaluate the effectiveness of using a habit tracker for maintaining new habits. What are the potential benefits and drawbacks?**

*Hint: Consider how tracking can influence habit formation.*



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**Propose a strategy for someone trying to quit smoking using the Four Laws of Behavior Change. Include specific actions for each law.**

*Hint: Consider how to apply the laws to support quitting smoking.*

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