

## ☑ Changing Habits Worksheet

*Not that I have already obtained all this, or have already been made perfect, but I press on... Philippians 3:12*

1. Describe my new behavior: \_\_\_\_\_  
\_\_\_\_\_

2. To develop my new habit, I'll decide on what reminders to use:

- Set alarms, alerts, and/or objects out of place:  
\_\_\_\_\_  
\_\_\_\_\_

- Use self-reminders (calendar, text, Internet, etc.):  
\_\_\_\_\_  
\_\_\_\_\_

- Reward myself when I'm successful:  
\_\_\_\_\_  
\_\_\_\_\_

3. (Optional) Ask for help from my partner.

Dear partner,

As I try to create this new habit, please say or do this:

- to remind me **before** the behavior or event:  
\_\_\_\_\_
- to remind me (graciously) when I **don't succeed**:  
\_\_\_\_\_
- to reward me when I **do succeed**:  
\_\_\_\_\_



### **Supporting Partner:**

*A person finds joy in giving an apt reply – and how good is a timely word!* Proverbs 15:23

Give only those reminders asked for.

And, be patient.  
Change takes time.