



How to Break BAD habits for GOOD!

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BEHAVIOR YOU WANT
TO STOP



PATTERN INTERRUPT



BEHAVIOR YOU
WANT TO CREATE

STEP # 1



Identify your overall goal:

Make sure your goal meets the following criteria. If it does not, go back and re-write it!

- *Is your goal Specific? Are there enough details? "I know exactly what I want"*
- *Is it Measureable? This will ensure that you will KNOW when you've achieved it. "I will know when I get there..."*
- *Is it Attainable? "This is definitely achievable!"*
- *Is it Relevant? "This goal is important to me..."*
- *Is it Time-Based? "By this date..."*

STEP # 2



Outline your *CURRENT* routine, that you would like to change. Write it in steps 1, 2, 3.

A large, empty light gray rectangular box intended for writing the routine.

Be very detailed here as you will need this in the next section! So for example you might say: 1. I set my alarm for 30 minutes earlier and hit the snooze button. 2. Then I don't have time to work out or prepare my meals for the day. 3. I get stressed at work and overeat because I already screwed up in the morning...

STEP # 3

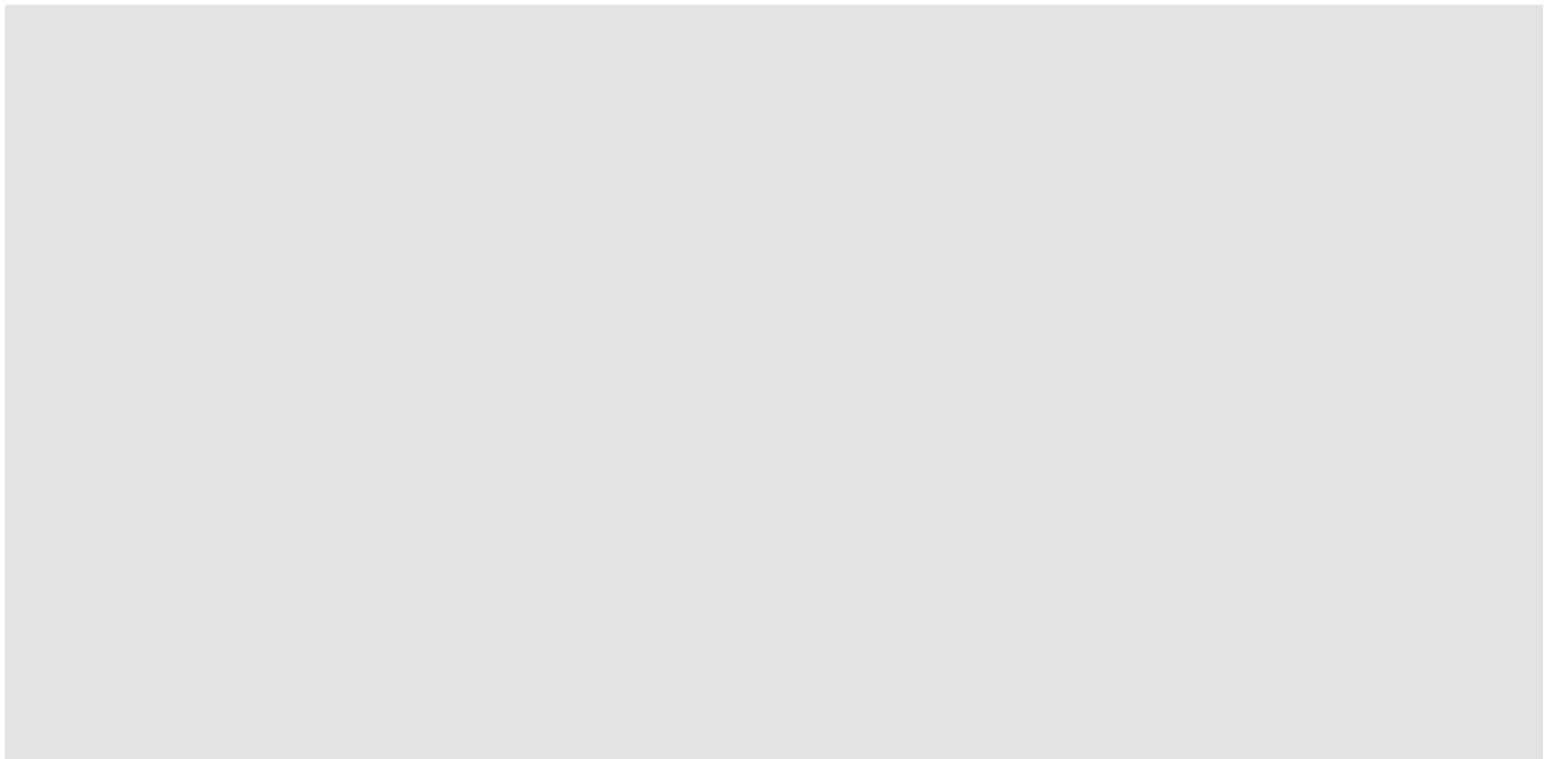


Identify the new routine that you would like to create. Write it in action steps: 1, 2, 3...

Imagine that you've met your goal and you're exactly where you want to be. Your friend says, "how did you do it?" Give her a step-by-step run down of what you did to get there. For example: 1. I made sure to get up each morning 30 minutes early to work out, 2. I made sure that I packed a healthy lunch for the day, 3. I kept a journal of my workouts and eating habits...

STEP # 4

Identify the specific behaviors that
① you need to *STOP* doing - go back
and look at Step #2 for reference:



Remember: these are the behaviors that you are going to be replacing!
This part is very important! Really identify those behaviors that are
stopping your from meeting your goals!

For example: I need to stop - responding to stress by overeating,
hitting the snooze button on my alarm clock, etc.

STEP # 5



Pinpoint **EXACTLY** where your behaviors are going bad...

Refer back to Step #2 if you need to. Be specific! Is it when you're hitting the snooze button? Is it the moment you get home from work? You must identify when the behavior is occurring in order to intervene at that precise moment or moments!

STEP # 6

List some "pattern interrupts" that



you could use to stop the automatic, negative behavior (examples below):

A large, empty light gray rectangular box intended for writing examples of pattern interrupts.

Pattern interrupts are out of the ordinary actions that you can take to break your current behavior patterns. Some examples include: snapping a rubber band on your wrist, 5 push-ups, splashing cold water on your face, saying "STOP" out loud. The purpose is to break your out of your trance that occurs when engaging in mindless behavior (habits).

STEP # 7



Write the replacement behaviors
that the pattern interrupt will trigger:

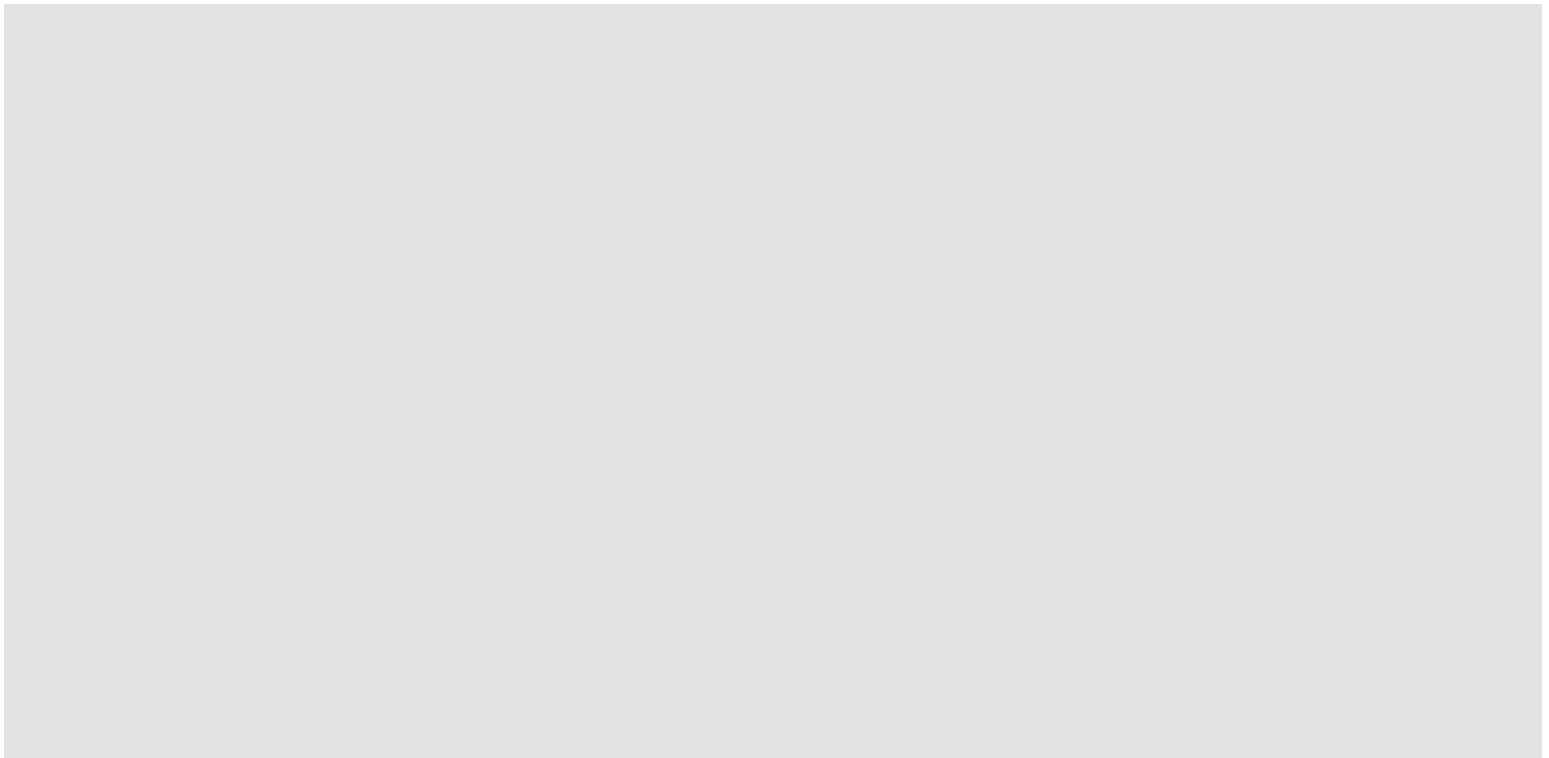
For example: Your alarm goes off - you're about to hit the snooze button but instead you jump up and do 5 jumping jacks. This triggers your new behavior - which is getting out of bed... Another example, you hang up the phone from a rude person - normally you seek out junk food, this time you say "STOP" and instead you phone a friend.

STEP # 8

Practice, Practice Practice! Reward



yourself for *small successes!* Write
some of your successes below...

A large, empty gray rectangular area intended for the user to write down their successes.

Your behavior will only change consistently when YOU make the consistent effort to change it! You need to practice the pattern interrupts and positive behaviors until they become engrained in your routine!



If you've put time into and completed these exercises, then you're on the right path!

There is a lot more work to do, but once you start to see that there are steps that YOU can take that will give you more control in your life AND when you actually TAKE those steps and see EVIDENCE of CHANGE, you will know that you are capable of so much more...

For more work on getting "unstuck" and creating your FIERCE life, check out my 12-week Stepping Stones program by clicking [HERE](#)

Keep moving forward...keep telling yourself you can. It's okay to invest in and take time for yourself. You are worth it.



Love,
Erin