

HABIT TRACKING

Instructions:

Take note of a habit you'd like to shift, and what you'd like to move to. Then track for two work weeks, checking the box for days when you feel you've successfully shifted.

Example:

A leader is struggling with his team because several members feel he has 'favorites'. He insists he doesn't. Through observation and conversations with team members, he realizes a deeply embedded habit – he always calls on the same people in the same order in meetings. That order happens to reflect the people he knows best to the people he knows least. A simple shift – randomizing how he calls on team members – starts to nudge him toward being more comfortable with all team members. Within two weeks, they notice and comment on the change and the impact on team dynamics.

CURRENT HABIT	NEW HABIT	DAILY CHECK-INS DATE STARTED:									
		1	2	3	4	5	6	7	8	9	10

Notes