BUILD A HABIT

A Time Bandit Framework

Identify the **Purpose**

The stronger your reason, the stronger your commitment.

Make it Obvious

Set yourself up with a clear reminder.
A habit cue brings consistency to your routine.

Make it Easy

Start small to stay consistent. Your routine builds momentum one step at a time.

Make it Attractive

Celebrate each win, no matter how small – reinforcement keeps habits strong.

Track & Reflect

Tracking keeps you accountable and helps you understand patterns to refine your approach.

1

2

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ACTION

Determine the "why" behind the habit. What goal or value does it serve?

ACTION

Select a specific cue that will remind you to perform the habit. Make it as obvious as possible (e.g., placing running shoes by the door).

ACTION

Define a specific, repeatable action to practice daily, ideally following the cue. Start small to make it manageable.

ACTION

Attach a reward or reflection to the habit to reinforce the action. Recognize each time you follow through.

ACTION

Keep a simple log of each day's success and setbacks, noting any progress or changes in your triggers and responses.













BREAK A HABIT

A Time Bandit Framework

Understand the Trigger

Awareness is power – know what sets off the bad habit and gain control.

Make it Hard

Out of sight, out of mind. Making a habit inconvenient reduces the likelihood of

Give it a Name

Shift your mindset see the habit for what it is, and its appeal fades.

Replace with a Positive **Alternative**

You break habits by choosing positive alternatives that align with your values.

Track & Reflect

Tracking keeps you accountable and helps you understand patterns to refine your

ACTION

Identify what cues the habit (time, place, emotion, or situation). Awareness of the trigger is crucial to disrupting the automatic behavior.



ACTION

Make it harder to engage in the habit (e.g., remove tempting items, add extra steps, or create physical distance).



ACTION

Reframe the habit to see it in a negative or "ugly" light. Focus on the downsides or consequences, making it less appealing (e.g., reflect on wasted time, energy, or negative impact on goals).



ACTION

Identify a healthier behavior to fulfill the same need or emotional response. Actively practice this alternative in place of the old habit when triggered.



ACTION

Keep a simple log of each day's success and setbacks, noting any progress or changes in your triggers and responses.



