

DESIGN YOUR YEAR SERIES

# Habit How-to: Getting Specific

When you feel like you're building a habit but aren't sure how much progress you're actually making, that's a good indication that your habit isn't specific or measurable enough. Without a clear sense of what you want to accomplish (and why), it's hard to know how to track your habit. This worksheet is designed to help you get specific, and then to use that information to find the right tools for measuring progress.

MY HABIT IS:

MY REVISED HABIT IS:

*(Rewrite to make your habit more specific, concrete, and measurable)*

---



---

	YOUR RESPONSE	EXAMPLE
<i><b>Why:</b> Why is this habit important to you: what is it really about?</i>		<i>I want to go to my weekly writing group so that I can meet new people with similar interests.</i>
<i><b>What:</b> What are the specific actions or activities that this habit involves?</i>		<i>Schedule two twenty-minute windows during your day to spend on social media, and don't open apps or platforms outside of those times.</i>
<i><b>When:</b> When will you do these activities? Daily, weekly, or monthly? Is there a specific time of day?</i>		<i>On weekdays, do a fifteen-minute YouTube yoga class during your lunch hour.</i>
<i><b>Where:</b> Is there a specific place where your activities need to take place?</i>		<i>Schedule a standing gym date with a friend every Tuesday evening.</i>
<i><b>How:</b> How will you know if you've done your habit or not?</i>		<i>Whenever you come across an item you want to donate, put it immediately in a designated box. When that box is full, take it to a thrift store.</i>

# Getting Specific: Next Steps

Now, take your revised habit and think about a unit of measurement that you will use to understand your progress.

*Note: if you're having a hard time identifying a metric, you may need to go back to the first exercise on this worksheet.*

*For example:*

- ◆ Minutes spent
- ◆ Ideas generated
- ◆ Pages written
- ◆ Steps taken

WRITE IT DOWN HERE

---



---

Here are some tools to help you monitor and track your progress. Check the box next to the ones you plan to try.

- |   |   |
|---|---|
| <p><input type="checkbox"/> <b>Don't Break the Chain:</b> Check off every day, week, or month you accomplish your aim, and keep up your streak.</p> <p><input type="checkbox"/> <b>Numbers Tracker:</b> Track numbers related to your aim, such as pages, steps, time, or health data.</p> <p><input type="checkbox"/> <b>One-sentence journal:</b> Write one sentence daily so you can record your thoughts or progress over time.</p> | <p><input type="checkbox"/> <b>Track Your Total:</b> Measure numbers that add up over time, like miles, minutes, or words.</p> <p><input type="checkbox"/> <b>Photo Log:</b> Create a visual record of your progress.</p> <p><input type="checkbox"/> <b>Accountability Partner:</b> Report to a coach or peer about your progress, or share on social media.</p> |
|---|---|



Each of these tools is available to you in the *Happier* app. Consider taking a few minutes to set up your revised habit in the app and select the tool you've chosen above.

- I did it!**