

# Building Better Habits

# 21 Days to a New Habit

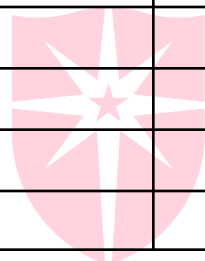
If we try to do too much too fast, we often end up so overwhelmed that we don't make changes at all. Break down your goals into manageable pieces and implement them over the 21 days it takes to form a new habit. Slow down to make changes and stop to celebrate the progress.

New Habit: \_\_\_\_\_

Start Date: \_\_\_\_\_

Celebration Date: \_\_\_\_\_

Day	Month	Date	Complete	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
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**General Recommendations:** To increase the odds of achieving your new habit, consult the general recommendations listed below.

## **Precontemplation:**

- How are your current academic behaviors not working?
- What would have to happen to let you know you need to make a change?

## **Contemplation:**

- Determine if there is a discrepancy between what you want and what you are doing.
- Consider the outcomes of not changing.
- Consider the costs and benefits of making a change.
- Begin to explore how you might take a small step to further research making this change (internet, library, talking with others)

## **Determination:**

- Remind yourself of the benefits of making the change, and the costs of not changing.
- Access useful information from local resources (internet, friends, counselors, family) about how to plan for the change.
- Make a list of new behaviors you can substitute for old ones.

## **Action:**

- From your list of new behaviors, start with small and meaningful steps.
- Keep a written record or diary to note your progress.
- Reward yourself for taking the steps toward change.

## **Maintenance:**

- Evaluate the effects of the change and reflect on the benefits you've accrued.
- Access support from others (family, fellow students, teachers, counselors) to help you maintain the change.
- Remember that periodic backsliding or "relapsing" on your habit change is very common and predictable.
- When this happens, begin the habit change process again and learn from the experience.



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