



Atomic Habits Worksheet – Small Steps, Lasting Change

Date: _____

1. Current Identity vs Desired Identity

What do you currently say about yourself? (e.g. “I am anxious”, “I’m disorganised”)

Reframe this into a flexible statement (e.g. “Sometimes I feel anxious”)

Who do you want to become instead? (identity statement)

“I am someone who...” _____

calm organised confident consistent motivated other: _____

2. Small Habit (Your 1% Change)

What is ONE small action you can take daily? (keep it simple and realistic)

Make it a 2-minute version (very easy to start):

When and where will you do it?

“I will _____ at _____ in _____”

3. Habit Stacking (Link to Existing Routine)

After I _____ → I will _____

4. Make It Easy & Obvious

How can you make this habit easier?

reduce steps prepare in advance set reminder place in sight

What will you remove or reduce (to support change)?

distractions clutter triggers other: _____

5. Identity Reinforcement

Each time I complete this habit, I am proving:

“I am someone who...”

6. Make It Satisfying

How will you reward or acknowledge yourself immediately after?

tick box small treat verbal acknowledgement other: _____

7. Habit Tracker (This Week)

Mon Tue Wed Thu Fri Sat Sun

(✓ = completed | ✗ = not completed — aim for consistency, not perfection)

8. Reflection (End of Week)

What went well?

What felt difficult?

What small adjustment will you make next week?

Final Reminder: You are not fixed. You are practising becoming someone new