

## Template: The Habits Scorecard

**T**HE HABITS SCORECARD is a simple method you can use to become more self-aware and notice habits and behaviors that you may overlook. This is a method we discuss in detail in Chapter 4 of *Atomic Habits*.

To create your own Habits Scorecard, start by making a list of your daily habits. Start at the beginning of your day and write down each habit you do: wake up, turn off your alarm, make your bed, brush your teeth, etc.

You can make this list as long or as short as you would like, but I tend to find that a longer and more comprehensive list is more effective.

Once you have a full list, look at each behavior, and ask yourself, “Is this a good habit, a bad habit, or a neutral habit?”

- If it is a good habit, write “+” next to it.
- If it is a bad habit, write “-” next to it.
- If it is a neutral habit, write “=” next to it.

If you’re having trouble determining how to rate a particular habit, here is a question I like to use: “Does this behavior help me become the type of person I wish to be? Does this habit cast a vote for or against my desired identity?” Habits that reinforce your desired identity are generally good. Habits that conflict with your desired identity are generally bad. (For more on what makes a habit good or bad, consult Chapter 4.)

When creating your Habits Scorecard, there is no need to change anything at first. The goal of this exercise is not to change your behavior—even for the bad habits. The goal is to simply notice what is actually going on.

Feel free to use the template on the next page to create your Habits Scorecard.



## HOW TO CREATE A GOOD HABIT

The 1st Law	Make It Obvious
1.1	Fill out the Habits Scorecard. Write down your current habits to become aware of them.
1.2	Use implementation intentions: "I will [BEHAVIOR] at [TIME] in [LOCATION]."
1.3	Use habit stacking: "After [CURRENT HABIT], I will [NEW HABIT]."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	Make It Attractive
2.1	Use temptation bundling. Pair an action you want to do with an action you need to do.
2.2	Join a culture where your desired behavior is the normal behavior.
2.3	Create a motivation ritual. Do something you enjoy immediately before a difficult habit.
The 3rd Law	Make It Easy
3.1	Reduce friction. Decrease the number of steps between you and your good habits.
3.2	Prime the environment. Prepare your environment to make future actions easier.
3.3	Master the decisive moment. Optimize the small choices that deliver outsized impact.
3.4	Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.
3.5	Automate your habits. Invest in technology and onetime purchases that lock in future behavior.
The 4th Law	Make It Satisfying
4.1	Use reinforcement. Give yourself an immediate reward when you complete your habit.
4.2	Make "doing nothing" enjoyable. When avoiding a bad habit, design a way to see the benefits.
4.3	Use a habit tracker. Keep track of your habit streak and "don't break the chain."
4.4	Never miss twice. When you forget to do a habit, make sure you get back on track immediately.

**HOW TO BREAK A BAD HABIT**

<b>Inversion of the 1st Law</b>	<b>Make It Invisible</b>
1.5	Reduce exposure. Remove the cues of your bad habits from your environment.
<b>Inversion of the 2nd Law</b>	<b>Make It Unattractive</b>
2.4	Reframe your mindset. Highlight the benefits of avoiding your bad habits.
<b>Inversion of the 3rd Law</b>	<b>Make It Difficult</b>
3.6	Increase friction. Increase the number of steps between you and your bad habits.
3.7	Use a commitment device. Restrict your future choices to the ones that benefit you.
<b>Inversion of the 4th Law</b>	<b>Make It Unsatisfying</b>
4.5	Get an accountability partner. Ask someone to watch your behavior.
4.6	Create a habit contract. Make the costs of your bad habits public and painful.

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