

# How to build and effective habit with CARE

This exercise sheet is designed to be used alongside the audio coaching tool. For more information on each of these dimensions, feel free to listen to that recording. It can be found on found on the 21-day challenge page.

In order to maximise your chance of turning a behaviour into a habit, we must plan with **CARE**.

**C**

Is your behaviour Clear?

This is about being as specific as possible with what we want to achieve and exactly what actions need to be completed to get there. Think of the SMART acronym.

*What do I want to achieve and how?*

**A**

Is your behaviour Appealing?

What processes can you put in place to make this change or behaviour inviting to you? Combining the behaviours that you love with habits you'd like to build is a great example. Also, our environment and culture often drives the appeal of different actions, so how can you create a culture that values this behaviour?

*How can I create a culture of value?*

**R**

Is your behaviour Rewarding?

Immediate rewards are the most desirable to the brain, and motivation is often the anticipation of reward. How can you use this feeling to make a behaviour feel more rewarding?

*How can I make a behaviour more rewarding?*

**E**

Is your behaviour Easy?

The more difficult a behaviour, the more time and cognitive effort it requires to complete it. How can you make your behaviour as simple, easy and automatic as possible? Alternatively, how can you make it difficult to NOT do your behaviour?

*How can I make my behaviour easy and automatic?*

