

Step 1: Identifying the Most Problematic Triggers

In the "Habit Trigger" column, write down whatever triggers you to engage in your habit. Do not censor nor limit yourself. **After** you have finished listing *all* your triggers, rate each one on a 1-10 scale in terms of severity. For example, if it's a major problem for you, rank it "10." If it's minor, rank it "1." Next, in the "How Often" column, record approximately how many times in an *average* month it occurs. So, daily triggers get a "30" while extremely rare triggers would get a "1." Finally multiply the last two columns and record the total score for each trigger.

Once you have scored all triggers rank them in the "Trigger Rank" column. The highest score will be #1. When that is done, put a star next to the top 20% of your triggers. For example, if you had ten triggers, you would put a star next to those two triggers which had the highest score. If you had 15 triggers, you would star three triggers.

After you have completed that, move to the back of this form.

Habit Trigger	Severity	How Often?	Trigger Score	Trigger Rank
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				



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Step 2: A Plan to Overcome Your Triggers

Do not do this activity until you have completed Step 1.

Similar to what you did in Step 1, take a look at your top triggers. Write down all possible options you could do to overcome that trigger. After you have listed them, in the “How Effective” column rate each one as to how effective it would be on a 1-10 scale with “10” being extremely effective and “1” having very little effect.

In the next column, rate each one as to how likely you would be to actually do it. Multiply the two columns and rank them in order from highest score to lowest score. Again, chose the top 20% of options and consider them as solutions.

Please note, you are not ranking them in order against each other, you are rating them on their own merits. That means you might have several with the same rating as they might all be equally effective or equally likely.

Finally be honest; you’re not trying to impress anyone. For example, if you’re trying to lose weight, running five miles a day might be extremely effective (“10”) but if you hate running or don’t have that much time, its likeliness might only be a “2.” giving it a total score of 20. Conversely, walking 30 minutes a day might only have an effectiveness of 5, but a likelihood of 7, giving it a score of 35 and making it a better solution for you.

Possible Solution	How Effective?	How Likely?	Total Score	Rank
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				



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