


INTENTION SETTING

Short term	1. _____ _____ _____	2. _____ _____ _____	3. _____ _____ _____
Medium term	1. _____ _____ _____	2. _____ _____ _____	3. _____ _____ _____
Long term	1. _____ _____ _____	2. _____ _____ _____	3. _____ _____ _____



IMPLEMENTATION INTENTION:

After _____, I will _____
(CURRENT HABIT) (NEW ACTION)

I will _____ at _____ in _____
(NEW ACTION) (TIME) (LOCATION)

Changing or starting new behaviours work best when the following criteria are in place to support them:

1. **Motivation / Why** : Make it attractive
2. **Ability / Ease** : Make it easy
3. **Trigger / Cue** : Make it obvious
4. **Reward / Satisfaction** : Make it satisfying

1. **How can I make it more attractive?**
Use temptation bundling. Pair an action you want to do with an action you need/want to do.
3. **How can I make it more obvious?**
Design your environment. Make the cues of good habits obvious and visible.

2. **How can I make it easier?**
Reduce friction. Use the Two-Minute Rule. Automate your habits. Master decisive moments.
4. **How will I reward myself?**
Use reinforcement. Make “doing nothing” enjoyable. Track habits. Visualise progress.

References: BJ Fogg “Tiny Habits” Stanford University - James Clear “Atomic Habits”