> Right now, your environment makes your bad habit easier and good habits harder.
>
> Change your environment and you can change the outcome.

James Clear

1. Name one outdated habit you would love to disempower:

2. Track the habit for 3 days.

    A) How many times do you do it?   _____
    B) What time(s) of day?   _____

   Think of what actions or habits precede the undesired behavior.
   For example: When I get frustrated on the computer due to technology or bad news, I eat a small piece of dark chocolate.

3. What are your triggers?

   Trigger 1:

   Trigger 2:

   Trigger 3:

4. How does your environment make your bad habit easier and your good habit harder? For example: Having a dark chocolate stash in my house makes it easy to eat chocolate.

5. How can you change your environment to **architect a better choice**? (EX. change your habit)

   Architect a better choice 1:

   Architect a better choice 2:

   Architect a better choice 3:

6. What better habit would you like to replace your bad habit with? Make this very easy.