

# Habit Sustainability Planner

Use this journal to reflect on what helps your wellbeing habits last, and how to adapt when life changes.

## Habit Snapshot

What wellbeing habit do you want to sustain?

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Why does it matter to you now?

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## Build Your Habit Loop

Cue: What can remind you to start this habit? (e.g. an environmental cue)

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Routine: What will you do?

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Reward: What will reinforce this habit (emotionally, socially, or practically?)

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## Environment & Support

What in your environment supports this habit?

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Who could encourage or join you in sustaining it?

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How will you visually track your progress?

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## Habit Drift Recovery Plan

What could make this easier to keep going even when you're busy?

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If this habit drifts, how will you recommit?

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