

RANKING NEW HABITS

Evaluating Your Replacement Habits

Review the list of replacement habit ideas you brainstormed. Use the criteria below to score each one on a scale of 1 (low) to 5 (high).

The Four Es:

- **E - Exciting**

Is this habit interesting/motivating to you?

- **E - Easy**

How simple would this habit be for you to adopt?

- **E - Enjoyable**

Would you find this habit fun or pleasant?

- **E - Effective**

Would this habit help accomplish your goal?

Now, rank your habit ideas from highest to lowest total score. The top two or three habits are strong candidates to effectively replace each bad habit.

Habit Trading

Bad Habit #1:

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NEW HABIT IDEAS	Exciting (1-5)	Easy (1-5)	Enjoyable (1-5)	Effective (1-5)	TOTAL (up to 20)

Habit Trading

Bad Habit #2:

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NEW HABIT IDEAS	Exciting (1-5)	Easy (1-5)	Enjoyable (1-5)	Effective (1-5)	TOTAL (up to 20)

Habit Trading

Bad Habit #3:

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NEW HABIT IDEAS	Exciting (1-5)	Easy (1-5)	Enjoyable (1-5)	Effective (1-5)	TOTAL (up to 20)