HABIT LAUNCH WORKBOOK

A Counterintuitive 10-Step Formula to Skyrocket Your Happiness and Well-being

Pretest Worksheet

Warm up by filling out the worksheet while reading Chapter 4 for instructions and inspiration. Use a pencil and rubber to allow for easy adjustments during the later steps.

BENEFITS

Think about reasons for your desire to establish a chosen habit.
Note all obvious benefits of the habit of choice.

Note all obvious benefits of doing nothing.

Note other (and often hidden) benefits that drive you towards the habit.

Note other benefits of doing nothing.

MOTIVATIONS

Try to classify the above benefits into one (or more) of the motivator categories listed below. If you cannot find a match for any of the listed benefits, just put them under the “other motivations” tag.

1. Achiever’s motivations
    - Challenge
    - Excelling
    - Ownership
    - Pressure
    - Problem solving
2. Builder’s motivations
    - Developing Others
    - Friendship
    - Purpose
    - Service
    - Social Responsibility
    - Teamwork
3. Caregiver’s motivations
    - Empathy
    - Family
    - Fun
4. Reward-driven person’s motivations
    - Money
    - Prestige
    - Recognition
5. Thinker’s motivations
    - Autonomy
    - Creativity
    - Excitement
    - Impact
    - Learning
    - Variety
6. Other motivations

COSTS

Identify and note the costs of creating your chosen habit. Consider lost resources, alternatives, opportunities, and anything else that fits under the cost label.

Analyze any costs of inaction related to giving up on the chosen habit. Notice that the cost of inaction is NOT one of the costs of habit establishment. In fact, it is more like motivation and you should treat it as such.

Note all costs of doing nothing

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Workbook

Step 1
Simple or complex?

Check if you can point to a single core activity as an essence of the chosen habit. Read the description in the book and pick your answer from the options shown below.

- ☐ My habit is complex, and it needs some deconstruction => Go to optional Step 2
- ☐ My habit is simple => Go directly to Step 3

OPTIONAL Step 2
Creating an outline for a complex habit establishment plan

Read the instructions in the book and do the tasks presented below.

- ☐ Deconstruct complex routines into smaller chunks (make sure that every chunk is essential, fun, or both).

- ☐ Describe a main goal (the simplest goal that covers at least 90% of the identified essential chunks).

- ☐ Divide your main goal into logical sequences of smaller goals:

- ☐ Optionally (but often recommended), take a sheet of paper and create your one-page plan following descriptions in the book and example you can download at http://moniuszko.net/habit-launch-links/

Pick a single chunk or mini-goal and analyze it in Steps 3-10. Next, take a second chuck or mini-goal and do the same. Repeat until nothing is left on the list.

Step 3

Positivity and negativity assessments

Do the tasks presented below. At the same time, you should add entries to your pretest worksheet if needed.

Negativity assessment

- Analyze whether the habit is against your core values in life or if it is genuinely incompatible with your personal imprinted predispositions. Note your ***inner conflicts***:

- Look for beliefs that hold you back, excuses you often overuse, low self-esteem, etc. List all these ***mindset incompatibilities***:

- List all ***fears*** that prevent you from moving forward (refer to the book for the most common examples):

- Do you feel that you lack any resources to establish your chosen habit? List these ***resource scarcities***:

- List the disliked ***characteristics of the chosen habit***:

- Are there any additional causes of your negative relationship with the habit? In such an unusual situation, please put the problematic entry under one of the above categories (whichever one feels the least ridiculous).

Positivity assessment

- List all ***straightforward benefits*** you could possess by establishing the habit:

- List all the ***pleasure and fun*** you think you could get from the routine:

- List all ***hidden benefits*** that you secretly (or transparently) want to gain from the chosen habit:

- Look at everything you have just written and classify your findings into twenty-three groups of common ***motivations***. Add to the pretest worksheet (that's why you have used a pencil and rubber).

- Look at the habit benefits through the lens of your pyramid of needs to identify more motivations to expand the list. If some motivations classified under the *other* tag could be added to more specific categories, create such.

  Answer the below questions.
- Is the habit somehow related to any of your childhood dreams?
- Do you desire the habit so deeply that the cost doesn't really matter to you?

- Think about the possible benefits (from the entire pyramid of your needs) that you could easily incorporate into the habit. Note them and revisit during the optimization step.

- Bring into line what you have in the pretest worksheet and positivity / negativity assessments.

Step 4

Validation versus doing nothing

Choose the version of evaluation most compatible with your nature:

☐ By feeling ☐ Value Matching Approach ☐ Estimated Value Calculation

Validation

Compare the lists (you created for your chosen habit and doing nothing) using the preferred method. Read the description of Step 4 in the book for instructions and inspiration. In addition, you might want to check out the bonus article with example comparisons performed by the presented methods (http://moniuszko.net/habit-launch-links/).

(Optional) Mindset elimination step

- ☐ Optionally (when a chosen habit's win is questionable), perform the *mindset elimination step*. Note as many cons of the habit as you can. Look at the negativity assessment and consider whether you can switch to something more beneficial and exciting. Do a ten-day withdraw test of the chosen habit.

Step 5

Initial cope with negativity

Rate you negativity assessment as described in the book. Note the scores with a pencil (the scale is zero to three, half points are allowed).

___ Points for inner conflicts

___ Points for mindset incompatibilities

___ Points for fears

___ Points for lack of resources

___ Points for habit characteristics

- Use the book and your imagination to eliminate silly, tiny entries from the negativity assessment that you mistakenly put onto the list.
- Take a blank piece of paper if needed to complete some of the exercises described in the book (for example, you might want to group your fears).
- After elimination of the easy-to-cope entries, adjust negativity scores if needed.
- Note all other improvements that come to your mind during the exercise (and revisit this section during the optimization stage).

Step 6

Rating the positivity

Rate you positivity assessment as described in the book. Note the scores with a pencil (scale is zero to three, half points are allowed).

___ Points for straightforward benefits

___ Points for pleasure and fun

___ Points for hidden benefits

___ Points for motivations

Step 7

OPTIONAL – Love it or leave it

Read the related part of the book and try to walk around the problem that secured you the golden negativity point and led you here.

Step 8

Calculating the results

Note the sum of all negativity points as the initial negativity score.

Negativity score: Initial ___ Points Modified ___ Points

Answer the questions and modify the negativity score as requested in the book.

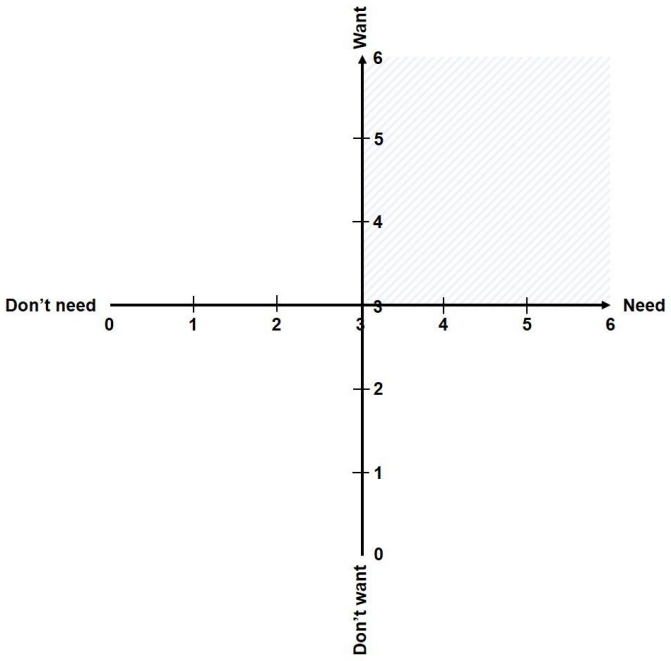
- ☐ Did you win the golden point and read Step 7 (Love it or leave it)?
- ☐ Do you have three points in more than one category?
- ☐ Is the number of your negativity points higher than eight?

Positivity score:

Calculate the initial need, want scores and check the habit's position on the need/want matrix.

Initial need score: ___ Points (sum of points for straightforward and hidden benefits)

Initial want score: ___ Points (sum of fun and pleasure as well as motivators)



Answer the modification questions presented in the book (desire despite the costs, linkage to childhood dreams, natural predispositions and deep need, widest gaps on pyramid of needs, etc.) Modify the score accordingly.

Modified positivity score ___ Points

___ Points for straightforward benefits

___ Points for hidden benefits

SUM ___ Points (Need score)

___ Points for pleasure and fun

___ Points for motivations

SUM ___ Points (Want score)

Decision

Answer the questions, look at the negativity and positivity scores, and decide to either abandon or follow the process of habit creation (often you should at least try the optimization process).

- ☐ Is your positivity score higher than eight?
- ☐ Is your habit of choice presented within the optimal need/want quadrant?
- ☐ Do you really want to slightly bend the rules?

Step 9

The 0.7 version of your plan

Make a rough draft of your plan to establish the chosen habit. At this stage, make a plan that reflects the problems identified within the previous steps. Do not fix anything yet! You will improve the plan in Step 10.

Step 10

Moving to 1.0 version of your plan

Follow the information in the book (do not limit yourself only to Chapter 8) and improve your plan starting with the tasks listed below. Remember to refer to previous notes during the optimization stage.

- Note here obvious, general changes you could make right away.

- Identify the most painful parts of the plan and think about drastic changes to apply at this step.

- Follow up with methodical, logical work on smaller improvements. Start by making a list of optimization questions as explained in the book.

1. Positivity increase (motivation, benefits, fun)

2. Making it easier (resources, mindset, preparation)

3. Negativity limitation/inhibition (negative emotions, negative habits)

4. Anything else

- Write answers to the questions you've just noted. Optimize the positive and negative aspects of your habit of choice and create your optimized plan (sometimes many reiterations are needed, so use another sheet of paper if necessary).

- OPTIONALLY, if you chose a complex habit, decide what to do after analyzing the sub-habit. Read the last part of Chapter 8 for the available options.

Congratulations!

You've done all the exercises. From now on, it is execution time. Read the remaining part of the book and take action. Success is right around the corner, and it's waiting for you . . .