



“Atomic Habits — But ADHD Style” Habit Brainstorm and Belief Change

Dream.

Use this space to write any and all habits you'd like to make or break. Brainstorm — just write without judgment or decision for now. Dream big (or small)!

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Of the habits you brainstormed, choose 6 that have some time sensitivity; mark them above or rewrite them below (whichever makes your brain feel happier!). Try to find at least one habit that addresses each: mental health, physical health/food/movement, and fun/relaxation.

From these 6, consider the feasibility of each (is it a “Goldilocks” level?), and how long you think it might take to go all the way to the end goal.

Choose the one that feels the **easiest or most fun**.

Choose one that feels the **most challenging**, but still within reach.

Choose a third that could make the **biggest difference** in your everyday life.

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These are the first 3 goals to approach. Keep your brainstorming sheet — you can come back to it later for adjustments, new ideas, etc. Use these 3 goals to complete the next section.

Believe.

Habit 1

I want to...(what's the thing you want to do/stop?)

The qualities and traits of a person who has this habit include...
(imagine another person who does this habit — what kind of person are they?)

I am becoming or creating... (restate your intended change, using the qualities above to help round out the difference to be made by this habit)

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Habit 2

I want to...(what's the thing you want to do/stop?)

The qualities and traits of a person who has this habit include...
(imagine another person who does this habit — what kind of person are they?)

I am becoming or creating... (restate your intended change, using qualities above to help round out the difference to be made by this habit)

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Habit 3

I want to...(what's the thing you want to do/stop?)

The qualities and traits of a person who has this habit include...
(imagine another person who does this habit — what kind of person are they?)

I am becoming or creating... (restate your intended change,
using the qualities above to help round out the difference to be made
by this habit)

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Act.

Move next to the “Habit Loop - Making It Happen” planner.

Do you need a visual reminder of these habits?

Consider possible barriers to your new habits; what kinks can you remove from the hose right now?

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