

Course 6: Habit Formation & Discipline

This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life. Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching or any other medical or mental health professional care.

Worksheet 2 – How Habits Are Formed

Purpose: Identify habit loops and reduce reliance on willpower.

Habit Loop Mapping

Habit	Cue (Trigger)	Routine (Action/Behaviour)	Reward (Benefit)
i.e. Go for a short walk	Finish work for the day	Put on shoes and walk for 10 minutes	Clear head, reduced stress

Environment Support

Current Environment	What Makes It Hard	Small Change I Can Make
i.e. Not drinking enough water	Don't like drinking water	Use healthy berries, mint or lemon to flavour the water so that I like it
i.e. Not eating healthy snacks	Too many unhealthy snacks in the house	Reduce amount of unhealthy snacks around me in my house

How to Access Further Support in New Zealand:

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support