**21 DAYS TO HABIT: DEVELOPING GOOD HABITS**

**THEME:** Personal Responsibility

**TITLE:** 21 Days to Habit

**OBJECTIVES:**

The goal of this activity is to help students develop the necessary skills to create positive changes in their own lives. Particularly, in this activity, students will choose a behavior that will produce a desired change, then learn to develop the behavior into a habit

**TIPS:**

* Be open to a variety of goals and behaviors in this activity. The most important lesson here is empowering the students with skills to create positive change in their lives, not necessarily a specific change. One student may create a behavior to improve grades, while the other wants to buy a PS4 or improve athletic skills. For this activity to work, students must be intrinsically motivated.
* An “accountability buddy” may support students while they try to form new habits.
* This activity includes 21 days of practicing a new behavior, so be prepared to check in with your group on a regular basis regarding how their habit formation is going.
* Do this activity with your students. Role modeling behavior is a great way to motivate students. You can even ask them to help hold you accountable.

**MATERIALS:**

* Printed copies of the Habit Calendar

**INSTRUCTIONS:**

1. In your group, ask students to think about something in their lives that’s been bugging them recently. It must be something that is in their control such as rushed mornings, poor grades, shyness, being sleepy, not having a PS4, etc. (5 mins)
2. Pass out the “21 Days to Habit” sheet. Tell students that some research shows that good habits are formed after 21 days of practicing a behavior. And that it takes just 3 days to break a good habit. Ask students why they think it takes so long to create a good habit but such a short time to break it. (10 mins)
3. Next, ask each student to choose one of the problems they thought of at the beginning of the activity to try to change. Students should then talk about how those problems came to be (i.e. rushed mornings = sleeping in, poor grades = not studying, no PS4 = no money), and brainstorm new habits they might form to make positive changes. (10 mins)
4. Ask students to take a few minutes to develop a plan for developing their new habit. Students should consider how much control they have over the problem, how committed they feel to changing it, how and when a new behavior will fit into their lives, and how they will reward themselves for completing the new behavior. (15 mins)
5. Have students share their plans with the whole group and come up with different ways to hold themselves and one another accountable. (10 mins.)

21 Days to Habit

Start

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day  1 | Day  2 | Day  3 | Day  4 | Day  5 | Day  6 | Day  7 |
| Day  8 | Day  9 | Day  10 | Day  11 | Day  12 | Day  13 | Day  14 |
| Day  15 | Day  16 | Day  17 | Day  18 | Day  19 | Day  20 | Day  21 |

Habit!!

Tips for Success:

1. Chose something you really care about and be realistic (don’t chose something you know you don’t have the time or resources to do).
2. Make a plan: know the time of day you will do the behavior and how long it will take to complete.
3. Be consistent: try to do your behavior at the same time, every day.
4. Don’t get discouraged: If you miss one day, don’t give up! Just pick it back up the next day.
5. Keep this sheet handy so you can mark off the days as you go and refer back to these tips.