


# Try this: Habit Prescriptions

<b>Behavior</b> Your top 1-3 behaviors	<b>Habit Prescription</b> Make it clear, actionable, simple and repeatable. Include frequency!	<b>Desired Outcome</b> What will you achieve if your employees practice this habit?
<i>EXAMPLE: Employees exercise</i>	<i>EXAMPLE: Exercise at a high intensity for 4 minutes every hour on the hour for at least 6 times each day.</i>	<i>EXAMPLE: Improved physical fitness, better cognitive function, decreased health risks, decreased stress</i>
		

# Exercise: Which habits matter most?

- Choose the 1 outcome from your list that best contributes to achieving your vision and write them in the column labeled "Outcome."
- For each of these outcomes, choose behaviors or habits that should:
  - Continue doing – Amplify these!
  - Stop doing – Extinguish these!
  - Begin doing – Create these!
- When you are finished, star or circle one habit from each column (Amplify, Extinguish, Create) to design into your organization.
  - Think about which habits would be the easiest to implement AND have the biggest potential impact.
  - If you don't have one in each column, you may choose whichever three habits you'd like to change.

Outcomes	Habits to Amplify	Habits to Extinguish	Habits to Create

# Designing habits into your organization.

## Exercise:

- Refer back to the habits and behaviors that your people must amplify, extinguish and create to become the ideal corporate hero.
- Copy up to three habits and their matching attributes below.
- Circle whether you wish for your employees to Amplify, Extinguish or Create this habit.

Amplify  
Extinguish  
Create

I want to (habit): \_\_\_\_\_  
In order to embody (attribute): \_\_\_\_\_

Amplify  
Extinguish  
Create

I want to: \_\_\_\_\_  
In order to embody: \_\_\_\_\_

Amplify  
Extinguish  
Create

I want to: \_\_\_\_\_  
In order to embody: \_\_\_\_\_



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