

# My *TM Habit* Worksheet

A — I want my TM habit to *help me become*: .....

.....

Result: Meditation done => ✓, Feeling => 😊 😐 😞

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
First TM Time:	B C						
Second TM Time:	B C						
Feeling end of day	D						

E — I will get social support from: .....

F — My target for celebration: .....

G — Celebration activity when target reached: .....

# Instructions for *TM Habit* Worksheet

Box A

Instead of just thinking what you want to do, think of who you want to become as that is a more powerful driver for habit change. Think about your bigger goal for learning TM & write it in Box A.

Box B

Be specific about when and where you will do each of your meditations. Once you decide the time and place (home, work, etc.), write it in Box B. If appropriate add it to your calendar and/or set alarms to remind you.

Box C

Place a tick in the 2 rows of boxes called C for each time you meditated. Put this sheet up with a pen in a place where you will see it (e.g., the fridge or the bathroom mirror).

Box D

Reflect how your day was. Put a smiley face for good days and a neutral or sad face for the lesser days in the row of boxes called D. At the end of the week, see if there is a pattern that the days when you meditated twice were better.

Box E

Arrange with someone to give you social support and write their name in Box E. Find a way to help them back so this becomes a win-win support you can count on.

Box F

It is very important to break your big goal down in inspiring and achievable steps. Set the meditation frequency target you want to achieve this week and write it in box F. If you reached your target, then you can stabilize or gradually increase in the coming week. If you didn't reach your target, then you can consider reducing your target the next week.

Box G

Think how you will celebrate achieving your target in a given week (possibly with your support person) and write it in Box G.