



Steppingstone #52

Automaticity Index - Helpful Habit

Helpful Habit:

1. I have been doing this for ...

Score

| | | | | | |
|-----------|------------|-------------|------------|---------------|--|
| Days 0 | Weeks 2 | Months 6 | Years 8 | Decades 10 | |
|-----------|------------|-------------|------------|---------------|--|

2. I do this...

Score

| | | | | | |
|-------------|----------------|------------------|-----------------------|--------------------|--|
| Rarely 0 | Sometimes 5 | Frequently 10 | Very Frequently 15 | All the Time 20 | |
|-------------|----------------|------------------|-----------------------|--------------------|--|

3. I find myself in situations that encourage or enable me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

4. I tend to do this more when my mood and/or energy levels are HIGH

Score

| | | | | | |
|------------------------|---------------|--------------|-------------|----------------------|--|
| Strongly Disagree 0 | Disagree 2 | Unsure 10 | Agree 15 | Strongly Agree 20 | |
|------------------------|---------------|--------------|-------------|----------------------|--|

5. This habit has a high Feelgood Factor

Score

| | | | | | |
|------------------------|---------------|---------------|-------------|----------------------|--|
| Strongly Disagree 0 | Disagree 2 | Neutral 10 | Agree 15 | Strongly Agree 20 | |
|------------------------|---------------|---------------|-------------|----------------------|--|

6. Other people support me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

7. Aspects of my physical environment make it easy for me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

Automaticity Index:

100



Steppingstone #52

Automaticity Index - Hindering Habit

Hindering Habit:

1. I have been doing this for ...

Score

| | | | | | |
|-----------|------------|-------------|------------|---------------|--|
| Days 0 | Weeks 2 | Months 6 | Years 8 | Decades 10 | |
|-----------|------------|-------------|------------|---------------|--|

2. I do this...

Score

| | | | | | |
|-------------|----------------|------------------|-----------------------|--------------------|--|
| Rarely 0 | Sometimes 5 | Frequently 10 | Very Frequently 15 | All the Time 20 | |
|-------------|----------------|------------------|-----------------------|--------------------|--|

3. I find myself in situations that encourage or enable me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

4. I tend to do this more when my mood and/or energy levels are LOW

Score

| | | | | | |
|------------------------|---------------|--------------|-------------|----------------------|--|
| Strongly Disagree 0 | Disagree 2 | Unsure 10 | Agree 15 | Strongly Agree 20 | |
|------------------------|---------------|--------------|-------------|----------------------|--|

5. This habit has a high Feelgood Factor

Score

| | | | | | |
|------------------------|---------------|---------------|-------------|----------------------|--|
| Strongly Disagree 0 | Disagree 2 | Neutral 10 | Agree 15 | Strongly Agree 20 | |
|------------------------|---------------|---------------|-------------|----------------------|--|

6. Other people support me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

7. Aspects of my physical environment make it easy for me to do this...

Score

| | | | | | |
|------------|----------------|-----------------|----------------------|--------------------|--|
| Never 0 | Sometimes 2 | Frequently 6 | Very Frequently 8 | All the Time 10 | |
|------------|----------------|-----------------|----------------------|--------------------|--|

Automaticity Index

100



52

Steppingstone #52

Automaticity Index - Reflections



I can **increase** the Automaticity Index of my Helpful Habit by ...

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I can **decrease** the Automaticity Index of my Hindering Habit by ...

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