

How to use Implementation Intentions

What it is

Decide in advance exactly what you'll do when a specific obstacle shows up, so you don't have to think in the moment.

When to use it

For a habit or goal that keeps getting derailed by the same excuses.

Steps

1. **Name your goal or habit.** What are you trying to stick to?
2. **Plan the if, then the then.** If this obstacle shows up, then I will do this instead.

Common mistake

Making a vague plan like 'I'll try harder.' That's not a plan, it's a wish.

Pairs with

Temptation Bundling and the Seinfeld Strategy.

Example: sticking to a budget

Date: Mon, Sep 2

Your goal or habit

Sticking to my monthly budget

If this happens, then I will

If the ATM is right there

Then check my budget app first

If I get a takeout craving

Then cook something quick at home

If payday hits

Then move savings out first

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If

Then

If-Then Plan Sheet

Date: _____

Your goal or habit

If this happens, then I will

If _____ Then _____

If _____ Then _____

If _____ Then _____

If _____ Then _____

If _____ Then _____

If	Then
1. The number of people who are not in the room is 100. 2. The number of people who are in the room is 100.	1. The number of people who are not in the room is 100. 2. The number of people who are in the room is 100.

If	Then
1. The number of people who are not in the room is 100. 2. The number of people who are in the room is 100.	1. The number of people who are not in the room is 100. 2. The number of people who are in the room is 100.

If		Then
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If	Then
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If	Then
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If	Then
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If	Then
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If	Then
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If	Then
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If	Then
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If	Then
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