

Dr. Jonathan Bricker

Helping you find freedom from anxiety and addictions

Secret to Self-Control

The New Science of
Changing Your Habits



With almost 7 million views on YouTube's Ted Talk, Dr. Bricker has the tools and resources you need to change your life. Don't wait another day, use this check-list to start your journey today.

The Model of Habit Change

- Step 1: Be Aware
- Step 2: Be Willing
- Step 3: Be Inspired
- Step 4: Be Kind
- Step 5: Sticking to Plan

Common Habits You Can Change

- Eating Healthy
- Exercising
- Sleep
- Alcohol
- Tobacco
- Social Media
- Finances
- Your Habit Here...

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HABIT CHECKLIST

CHANGING YOUR HABIT

FIRST STEPS

QUESTION 1: I HAVE TROUBLE CHANGING HABITS.

- ☐ I do
- ☐ I don't

QUESTION 2: WHAT IS YOUR HABIT (S) CHECK ALL THAT APPLY

- ☐ Tobacco
- ☐ Poor Eating
- ☐ Poor Sleep
- ☐ Social Media
- ☐ Drugs
- ☐ Lack of Exercise
- ☐ Alcohol
- ☐ Other Unhealthy Habit

If other: _____

QUESTION 3: WHY DO YOU HAVE THIS HABIT? CHECK ALL THAT APPLY

- ☐ Stress
- ☐ Depression
- ☐ Loneliness
- ☐ Love / Heartbreak
- ☐ Grief
- ☐ Influence of Others
- ☐ Anxiety
- ☐ Life Trauma

☐ I don't know and I hope the Doc can help me find out

QUESTION 4: WHO DOES THIS HABIT AFFECT? CHECK ALL THAT APPLY

- ☐ Myself
- ☐ My Spouse
- ☐ My Friends
- ☐ My Whole Family
- ☐ My Kids
- ☐ Loved One
- ☐ My Community
- ☐ My Co-Workers