

CHECKLIST OF THE 4 LAWS OF BEHAVIOUR CHANGE

Checklist to Apply Each Law to Your Habits

- Habit to create/change: _____

	MAKE IT OBVIOUS	■
LAW 1	■ Placed visibly in my environment	
	■ Cue/trigger clearly identified	
	■ Automatic reminders scheduled	
	■ Visible every day in the same place	
	My concrete cue: _____	

	MAKE IT ATTRACTIVE	■
LAW 2	■ Paired with an enjoyable activity (temptation bundling)	
	■ Positive reference group identified	
	■ Immediate reward after completion	
	■ Positive reframing (focus on benefits)	
	My immediate reward: _____	

	MAKE IT EASY	■
LAW 3	■ Reduced to 2 minutes maximum (simple version)	
	■ Environment prepared (friction removed)	
	■ Minimum commitment clearly defined	
	■ Necessary tools already prepared	
	2-minute version: _____	

	MAKE IT SATISFYING	■
LAW 4	■ Visual tracker to mark progress	
	■ Reward after completion	
	■ Accountability partner identified	
	■ Immediate celebration (ritual)	
	My celebration ritual: _____	

- APPLICABILITY SCORE: _____ / 16 boxes ticked

- 12-16: Excellent set-up, habit optimised ■
- 8-11: Good base, some adjustments needed ■ ■
- 0-7: Rethink your approach, too much friction ■

■ **TIP:** Do NOT try to optimise 10 habits at once. Focus on 1-2 **priority habits** and rigorously apply the 4 laws. Excellence comes from execution, not planning.

LEADERSHIP ACADEMY 4.
Lead – Learn - Inspire

