

**PROMPT WO-085**

Create Better Habits

Purpose

Use this prompt to design, build, and maintain better habits that support personal and professional goals. It helps identify existing behaviours, create practical routines, overcome obstacles, and build consistent systems for long-term improvement.

DIFFICULTY
 **Beginner**

TIME SAVED
 **30–60 min**

BEST FOR
Habit Building

Best AI Tools

- ChatGPT
- Claude
- Microsoft Copilot
- Google Gemini

Copy & Paste Prompt

You are an experienced Behaviour Change Coach and Habit Formation Specialist.

Help me create better habits using the information below.

My Goal:
[Describe what I want to achieve]

Current Habits:
[List my current routines and behaviours]

Habit I Want to Build:
[Describe the new habit]

Why This Matters:
[Explain my motivation]

Challenges:



[What usually stops me?]

Available Time:

[When can I work on this habit?]

Current Environment:

[Describe my surroundings, tools, routines]

Previous Attempts:

[What have I tried before?]

Please:

- Analyse my current habits.
- Identify behaviours that support or block my goal.
- Create a realistic habit-building plan.
- Break the habit into small steps.
- Recommend triggers and routines.
- Suggest ways to stay consistent.
- Identify likely obstacles and solutions.
- Create a tracking system.
- Recommend how to review progress.

Return only the completed habit improvement plan.



Example

INPUT

Goal: Build a consistent learning routine.

Habit Wanted: Spend 30 minutes learning a new skill each evening.

Challenges: Feeling tired after work and losing motivation.

EXPECTED OUTPUT

Habit Improvement Plan

Goal

Create a consistent learning routine that supports personal growth and long-term goals.

Current Challenge

The main barrier is not lack of interest—it is creating a routine that fits around existing commitments and energy levels.



The solution is to make the habit simple, realistic, and easy to repeat.

New Habit

Daily Learning Session

Habit: Spend 30 minutes learning after work.

Frequency: 5 days per week.

1. CREATE A TRIGGER

Connect the new habit to an existing routine.

Example: After dinner → start learning session.

2. MAKE IT EASY

Reduce friction:

- ✓ Prepare learning materials in advance.
- ✓ Keep resources organised.
- ✓ Decide what to learn before the session begins.

3. START SMALL

Instead of focusing on completing large goals, start with:

- 10 minutes on difficult days.
- 30 minutes on normal days.

Consistency matters more than perfection.

POSSIBLE OBSTACLES

Feeling tired

Solution: Create a shorter version of the habit.

Losing motivation

Solution: Track progress and celebrate small wins.

Forgetting

Solution: Use reminders and attach the habit to an existing routine.



HABIT TRACKER

Track:

- ☐ Completed today's session
- ☐ Learned something new
- ☐ Recorded key notes
- ☐ Reviewed progress weekly

WEEKLY REVIEW QUESTIONS

Ask:

- What worked well?
- What made the habit difficult?
- How can I make it easier?
- What progress have I made?

 **Builder's Tip:** *Big changes rarely come from one huge action. They come from small actions repeated consistently. A simple formula: Small habit → Daily action → Consistent progress → Bigger results. Every brick counts.* 🧱

Related Prompts

- WO-081 – Create a Daily Productivity Plan
- WO-083 – Create a Weekly Schedule
- WO-088 – Create a Personal Learning Plan
- WO-089 – Set SMART Goals

Tags

HABITS

PERSONAL
GROWTH

PRODUCTIVITY

ROUTINE

SELF
IMPROVEMENT