

SPAR Worksheet

Instructions:

1. Specificity: Choose one habit or change you want to implement in your life. Be precise about:

- **What** exactly you will do
- **Where** you will do it
- **When** you will do it
- **How** long or how much you will do

Example: *“I’ll meditate for five minutes in my bedroom immediately after waking up.”*

2. Prompts: Select a reliable cue that will prompt your new behavior:

- A specific time of day
- A location
- After completing another routine activity
- A notification or alarm
- A visual reminder

Example: *“When I finish brushing my teeth in the morning, I’ll immediately sit on my meditation cushion.”*

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3. Alignment: Modify your environment to support your new habit:

- Physical environment: What objects can you add, remove, or rearrange?
- Social environment: Who can support or join you?
- Digital environment: What apps, reminders, or tools might help?

Example: *“I’ll keep my meditation cushion visible next to my bed, set my phone to Do Not Disturb during meditation time, and ask my partner not to interrupt during this time.”*

4. Resilience: Prepare for obstacles by creating backup plans:

- Identify one or two likely challenges that might derail your habit.
- Create an if/then plan for each obstacle

Example: *“If I oversleep, then I’ll still meditate for at least two minutes. If I’m traveling, then I’ll use a meditation app on my phone wherever I am.”*