

Changing Plans

Creating specific, actionable steps toward change using the SPAR method

This chapter focuses on turning intentions into actual behavior. The SPAR method — Specificity, Prompts, Alignment, Resilience — gives you a practical architecture for making a new habit stick. Use this guide to build your own personal SPAR Blueprint.

The SPAR Framework

S — Specificity

Exactly what will you do, where, when, and for how long?

P — Prompts

What reliable cue will trigger the new behavior?

A — Alignment

How does your environment support — or undermine — the habit?

R — Resilience

What obstacles might derail you, and what's your backup plan?

Personal SPAR Blueprint

Use this worksheet to build an action plan for one meaningful change you want to make in your life.

The habit or change I want to implement:

S — SPECIFICITY

Be precise. Vague intentions dissolve under pressure; specific ones survive.

- What exactly will you do?
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- Where will you do it?
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- When will you do it?

- How long or how much?

P — PROMPTS

Select a reliable cue that will trigger your new behavior. Pick one that already happens consistently in your day.

Choose a prompt type (circle or note yours below):

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

My specific prompt will be:

A — ALIGNMENT

Modify your environment to support your new habit. What makes the right thing easier and the wrong thing harder?

Physical environment (objects to add, remove, or rearrange):

Social environment (who can support or join you):

Digital environment (apps, reminders, or tools that might help):

R — RESILIENCE

Prepare for the obstacles you know are coming. An if-then plan made in advance is far more reliable than willpower in the moment.

Likely obstacle #1:

My if-then plan:

Likely obstacle #2:

My if-then plan:

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."

Reflection

After one week of practicing your new habit, return here and answer:

What worked better than I expected?

What made it harder than I anticipated?

What one adjustment would make next week stronger?

For worksheets for these exercises and additional exercises, visit oneyoufeed.net/resources