



THE HABIT CREATION TEST

Find Out Your Personal Score

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THE HABIT CREATION TEST

Review the statements below, and assign the best number to each statement. You can type your numbers directly on this quiz. At the end of the quiz, add the numbers for your total score.

SCORING

- 0 — never
- 1 — infrequently
- 2 — sometimes
- 3 — often
- 4 — always

I attempt to create new, positive habits in my life to improve myself.

I have a compelling and important reason to adopt any new habit in my life.

I don't make excuses in order to avoid tackling new habits.

When I begin a new habit, I spend time planning and preparing before I ever begin.

I begin any new habit by starting small and working on the habit for just a few minutes day.

I have a reminder to help me perform my habit.

I work on my habit every single day at the same time.

I create an accountability system to keep me on track with my habit.

I give myself a reward of some kind every time I perform my habit.

I have told my friends and family about my habit work.

I read inspirational, motivating material about my new habit.

I increase the amount of time I spend performing my habit very slowly

I anticipate potential interruptions or roadblocks to performing my habit and have a plan of action when they occur.

I am prepared for emotional resistance to my habit work and have techniques for changing my attitude.

I make sure I'm prepared for my daily habit work by having everything I need to accomplish it well in advance.

I take time to acknowledge the habit work I've accomplished.

I pay careful attention to how automatic my new habit is feeling and when it becomes easier to perform.

I communicate my habit work plans with my family to get their buy-in and support.

I only work on one new habit at a time and don't begin another until the previous habit is automatic.

I remain flexible with my habit and adapt to necessary changes in my life or with my habit goals.

YOUR SCORE: 0

61-80

Congratulations! You are already very skilled at creating new habits. You understand habits are more difficult to create than we often think they will be, and you carefully prepare yourself for success in advance. You know that starting small and building up your habit time is far better than tackling one huge habit out of the gate. You've set up a support system with rewards and accountability to help you stay motivated, and you have a plan to handle the emotional and general life disruptions that can get in the way of your habit work. Pay attention to any statements where you scored yourself a 0 or 1. These are areas where you might want to buff up your habit creation work so you can continue to successfully build positive, lifechanging habits.

46-60

You are doing pretty well creating new habits in your life, but you also find yourself giving up on new habits from time to time. Maybe you've jumped in too quickly or tried to tackle too much. Or maybe you neglected to tie your new habit to a reminder that reinforces your brain to adapt to this new behavior. Part of your difficulty might be a lack of understanding about the skills involved in habit formation. You aren't sure what to do when you start to lose motivation or something interrupts your habit work. You definitely have the desire to create new habits and improve your life, but it feels like you're missing a piece of the puzzle.

31-45

You are really struggling with creating habits that stick in your life. You didn't realize how hard it would be to stick to your goals and how quickly you'd want to give up. It makes you feel bad about yourself and your ability to be self-disciplined. You really want to improve your life, and you have goals you want to achieve. But you may not have clarified for yourself why these goals are important to you. And you're at a loss to understand the skills involved in forming lifelong habits. You don't know what to do, and sometimes you feel like giving up on trying new things because you rarely follow through. You could really use some support and instruction to help you reach your goals.

0-30

Attempting new habits is something you've pretty much given up on. Every time you've tried to stick to a habit in the past, you've given up. You don't believe you have what it takes to commit to a goal until it becomes automatic, and you no longer share your goals and dreams with other because you feel embarrassed. You wonder if there's something wrong with you — that perhaps you lack the self-discipline other people so easily possess. You really need to learn the skills and techniques that make habit creation easy, fun, and successful.

YOU MIGHT ALSO BE INTERESTED IN

[*12 Habits Of Happy People*](#)

[*The Ultimate List of Habits*](#)

[*Keystone Habits That Create Big Results*](#)

CREATE HABITS THAT STICK

IF YOU'RE READY TO CREATE LASTING HABITS SO YOU CAN...

- Learn how to permanently break bad habits
- Use small habits to master big goals
- Enjoy quick success by starting small and building slowly
- Overcome the barriers to habit creation

Then I invite you to my free 3-part video teaching series. Discover how to form lasting habits that will stick. Learn the skills that will offer you a lifetime of success with your new habits!

CLICK [HERE](#) TO GET YOUR FREE VIDEO SERIES.

