

My New Thinking Habit Plan

Metacognitive skill targeted: self-regulation

When to use it

You can use this tool when you:

- Notice you keep doing something that gets in the way of your learning
- Want to change a habit (like getting distracted or giving up)
- Feel like you're stuck and want to try a new way to think or act
- Want to feel more in control of your focus, motivation, or emotions

What you'll do

This plan helps you build a **new learning habit** using simple steps:

1. Spot the moment when you want to make a better choice
2. Plan what to do next time it happens
3. Think of the reward—what you'll get out of it!

How to use it

This plan is very easy to use. You can apply for different things at school or in your daily life. Just follow the steps, like in the examples:

Example 1 – maths:

- **If** I feel stuck during math...
- **Then I will** ask, "What do I already know that can help?"
- **The reward will be** I feel proud for not giving up!

Example 2 – emotions:

- **If** I feel nervous before a test...
- **Then I will** use my relaxation cards and follow the instructions.
- **The reward will be** I regulate my stress and calm down before the test.

Example 3 – a difficult exercise:

- **If** I struggle when I face a difficult exercise...
- **Then I will** spin my metacognition wheel and read the proposal.
- **The reward will be** I feel more confident because I found another way to solve it!

Once you have formulated your new habit, let's try to stick to it for a whole week.

Tips for Continuation

It often takes more than a week to fully change old habits. Continue checking how often you use this new habit. You can for instance, mark it in your agenda.

My New Habit Plan:

1

Cue — "If..."

When does this usually happen? What's the moment that starts it?

My If:

If I _____

2

Behaviour — "Then I will..."

What will you choose to do next time it happens?

My Then:

Then I will _____

3

Reward — "The reward will be..."

How will this help you or make you feel proud?

My Reward:

The reward will be _____



Habit Tracker

I used my new habit today!

Monday Tuesday Wednesday Thursday Friday

What differences can I observe between the beginning of the week and now?
