

Implementation Intentions - Initial Setup

After I _____, I will write _____.

Examples:

After I eat breakfast, I will write 100 words.

After I get up, I will craft one tweet.

After I brush my teeth, I will write two paragraphs.

Implementation Intentions - Backup Setup

If I _____, I will write _____.

Examples:

If I wake up before 7, I will write 100 words before breakfast.

If I wake up after 7, I will write 100 words after lunch.

If I eat dinner before 7, I will craft three tweets after finishing.

If I eat dinner after 7, I will craft one tweet before bed.