

FUNSHEET

HABIT FORMATION



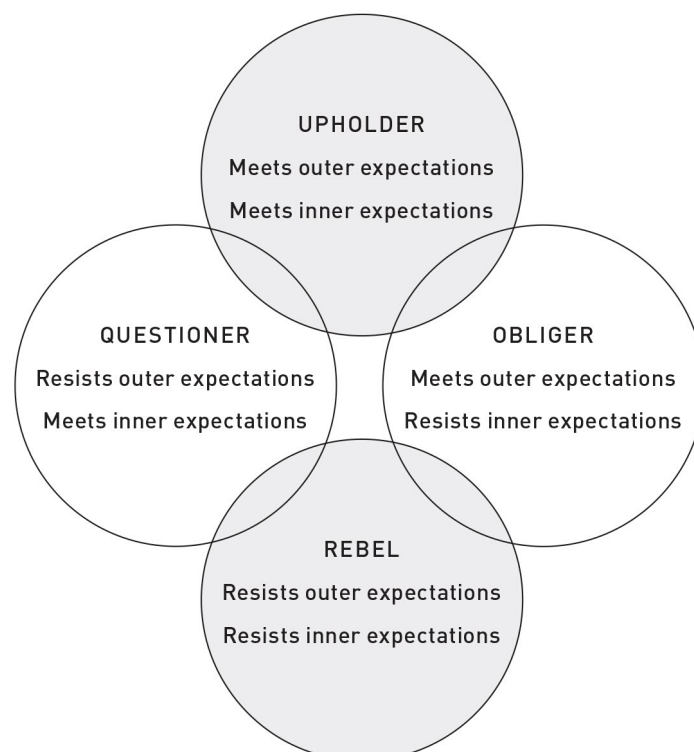
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IVM PODCASTS

HABIT FORMATION

Today's framework is taken from A famous blogger & author - **Gretchen Rubin**. She presented this idea of 4 personality types or tendencies for habit formation. She says "When you're trying to impose a behavior on yourself, you're trying to give yourself a rule, and people respond very differently to the idea of rules, request & demands."

1. **Upholders** respond readily to outer and inner expectations. (I'm an Upholder, 100%)
2. **Questioners** question all expectations; they'll meet an expectation if they think it makes sense--essentially, they make all expectations into inner expectations.
3. **Obligers** meet outer expectations, but struggle to meet expectations they impose on themselves.
4. **Rebels** resist all expectations, outer and inner alike



You can ask the following questions to yourself. I have taken these questions from Grethen's website <https://gretchenrubin.com>. Visit her website if you wish to dive deeper in these concepts.

A. Have you kept a New Year's resolution where you weren't accountable to anyone—a resolution like drinking more water or keeping a journal?

1. Sure. I'm good at keeping New Year's resolutions, even ones that no one knows about but me.
2. Sure, I'm good at keeping resolutions, but I make them whenever the time seems right. I wouldn't wait for the New Year; January 1 is an arbitrary date.
3. I've had trouble with that kind of resolution, so I'm not inclined to make one, whether at the New Year or any time. When I'm only helping myself, I often struggle.
4. No. I hate to bind myself in any way.

B. Which statement best describes your view about your commitments to yourself?

1. I make a commitment to myself only if I'm convinced that it really makes good sense to do it.
2. If someone else is holding me accountable for my commitments, I'll meet them—but if no one knows except me, I struggle.
3. I bind myself as little as possible.
4. I take my commitments to myself as seriously as my commitments to other people.

C. At times, we feel frustrated by ourselves. Are you most likely to feel frustrated because...

1. My constant need for more information exhausts me.
2. As soon as someone expects me to do something, I don't want to do it.
3. I can take time for other people, but I can't take time for myself.
4. I can't take a break from my usual habits, or violate the rules, even when I want to.

D. When you've formed a healthy habit in the past, what helped you stick to it?

1. I'm pretty good at sticking to habits, even when no one else cares.
2. Doing a lot of research and customization about why and how I might keep that habit.
3. I could stick to a good habit only when I was answerable to someone else.
4. Usually I don't choose to bind myself in advance to a particular course of action.

E. If people complain about your behavior, you'd be least surprised to hear them say...

1. You stick to your good habits, ones that matter only to you, even when it's inconvenient for someone else.
2. You ask too many questions.
3. You're good at taking the time when others ask you to do something, but you're not good at taking time for yourself.
4. You only do what you want to do, when you want to do it.

F. Which description suits you best?

1. Disciplined—sometimes, even when it doesn't make sense.
2. Someone who asks necessary questions.
3. Puts others—clients, family, neighbours, coworkers—first.
4. Refuses to be bossed by others

Now that you have finished answering these questions, you can look at the results. Option 1 implies you are an Upholder, Option 2 means you are a Questioner, Option 3 reveals that you are an Obliger and Option 4 indicates you are a Rebel.

You might not find all 6 answers indicating the same category. Look for a maximum score. This test is indicative. The only objective is to help you form your habits in a better manner.