

Habits and Consistency Assessment

A coaching self-check for habit design, cues, environment, follow-through, recovery, and reinforcement.

Web version: <https://beyondpsychub.com/habits-consistency-assessment-coaching/>

Consistency is often treated as a personality trait: either you are disciplined or you are not. Coaching takes a more useful approach. Behaviour is shaped by clarity, cues, environment, energy, friction, reward, competing demands, and how quickly you restart after disruption.

Important disclaimer

This assessment is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric screening or diagnostic tool and cannot diagnose, rule out, or treat any condition. If your responses raise concerns about physical health, mental health, sleep, mood, anxiety, substance use, safety, or your ability to function, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of a score on this assessment.

Choose One Habit

Habit I want to build or strengthen _____

Rate Each Statement

Use a 1-5 scale: 1 = rarely true, 5 = consistently true.

1	2	3	4	5
Rarely true	Occasionally true	Sometimes true	Often true	Consistently true

Habit Design

Statement	1	2	3	4	5	Score
1. The habit is specific enough that I know exactly what counts.						
2. The habit is small enough to do on a difficult day.						
3. I know when and where I will do it.						
4. The habit connects to a reason that matters to me.						

Cues and Environment

Statement	1	2	3	4	5	Score
5. I have a reliable cue that reminds me to begin.						
6. The tools or materials I need are easy to access.						
7. My environment makes the desired behaviour easier.						
8. I have reduced obvious distractions or friction.						

Follow-Through

Statement	1	2	3	4	5	Score
9. I usually begin even when I do not feel highly motivated.						
10. I have a minimum version of the habit for busy days.						
11. I can continue after a missed day without giving up.						
12. I track progress in a simple way that does not become a burden.						

Obstacles and Recovery

Statement	1	2	3	4	5	Score
13. I know the situations most likely to disrupt the habit.						
14. I have a backup plan for at least one common obstacle.						
15. I notice all-or-nothing thinking after setbacks.						
16. I restart within a reasonable time after disruption.						

Support and Reinforcement

Statement	1	2	3	4	5	Score
17. I receive some immediate benefit, satisfaction, or reward from the habit.						
18. Someone or something helps keep the habit visible.						
19. The habit fits my real schedule rather than an ideal schedule.						
20. I review whether the habit is still useful instead of continuing automatically.						

Scoring

Total range: **20-100**.

Score	Coaching interpretation
80-100	Your habit system has many supportive elements. Focus on maintenance and flexibility.
60-79	The habit is workable but vulnerable to specific gaps. Strengthen the lowest section.
40-59	You may be relying too heavily on motivation. Simplify the behaviour and redesign the environment.
20-39	The current habit may be too vague, difficult, or unsupported. Rebuild it from the smallest useful version.

Important: These are coaching ranges, not clinical or validated diagnostic cutoffs.

Find the Friction

I most often skip this habit _____
when _____

The first moment the habit starts to go off track is _____

The behaviour I do instead is _____

That alternative behaviour gives me _____

The smallest change to my environment would be _____

Create a Minimum Version

Version	What I will do
Full version	
10-minute version	
2-minute restart version	

Use an If-Then Plan

If this happens _____

Then I will _____

Weekly Coaching Review

How many times did I complete the habit? _____

What made it easier? _____

What repeatedly got in the way? _____

Was the habit too large? _____

Did the cue work? _____

What will I keep, remove, or change next week? _____

Key Takeaways

- Consistency is shaped by systems, not willpower alone.
- Small, clear behaviours are easier to repeat.
- Environment and cues can reduce reliance on memory and motivation.
- A recovery plan matters as much as a perfect streak.

- Review the system when a habit repeatedly fails.

References

- Wang G et al. Mental contrasting with implementation intentions and goal attainment
<https://pubmed.ncbi.nlm.nih.gov/34054628/>

- Toli A, Webb TL, Hardy GE. Implementation intentions and goal attainment
<https://pubmed.ncbi.nlm.nih.gov/25965276/>

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