

HalMacomber

## The Project Reformer's e-Tip of the Week

**015: Make Any New Practice a Habit**

One of the challenges on every new project is getting project team members to adopt a standard set of practices. These might entail planning, reporting, preparing to start a task, and simple communication protocols among team members. Here's a way to turn your intention for a new practice into a new habit.

The following example uses the contrasting intention-commitment statement pairs used in [Project e-Tip 014: Shift Good Intentions Into Commitments](#).

1. Make a 3x5 card with the contrasting statements on it and put the card in my pocket.
2. Make a simple chart for the next 20 work days and put it on my desk. Each day color code it: green means I used a statement like this 4 or more times -- yellow 2 or 3 times -- red means 0 or 1 time.
3. Each day assess how well I use the statements by referring to the chart. Note what I am learning, what I am getting good at, and where I will place my attention in the next day.
4. Enlist a colleague to help me accomplish my intent. Request that person's assessment weekly on my use of such language.

The intentionality and deliberateness of this exercise are what makes it work. And you might discover it is not easy to stay on a program of this sort. You will learn what it takes for you to produce a new habit. That will be great data for you when working with team members who are trying to do the same.

This Project e-Tip is based on [Joe Ely's comments](#) to last week's e-tip. Joe writes [Learning About Lean](#).

©2003 Hal Macomber | [weblog.halmacomber.com](http://weblog.halmacomber.com) | [e-Tip Archive](#) | [PDF](#) | [Submit Tip](#)