



# REPLACEMENT MENU SHEET

The urge will come. What you do with it depends on whether you have a plan ready.  
Build your menu now so the decision is already made.

## PHYSICAL REPLACEMENTS

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*Actions that get you out of your head and into your body immediately.*

Replacement 1:

Replacement 2:

Replacement 3:

## MENTAL REPLACEMENTS

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*Things that redirect your focus without passive consumption.*

Replacement 1:

Replacement 2:

Replacement 3:

## MY GO-TO REPLACEMENT

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*The one you will actually use. Commit to it before the urge arrives.*

My primary go-to when the urge hits:

Why this one works for me:

What I will tell myself in the moment to make the switch:

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Growth lives on the other side of action.