

7P's Habit Change Tool

NAME: Benedict

DATE: 12 Feb

Habit to	REDUCE	INCREASE	START	KEEP	STOP
----------	---------------	-----------------	--------------	-------------	-------------

PURPOSE	Daily 30-minute mentoring followed by empowering delegation to build up the talent to create a high-performance team.	
	ACTION	TRIGGER
PASSION	Set aside 30 minutes every day to mentor at least one direct report	Grow people towards high performance
PLEASURE	Have the meeting at a nice café during lunch time or tea break.	The smell of freshly brewed coffee as I pass through the café each day
PAIN	Missing my promotion due to continuous loss of talent due to lack of growth.	Memory of having lost my promotion and my talents.
PEOPLE	My peer – the HR manager does a weekly follow-up call with me.	Noticing my peer – HR manager – having strong talent in her team.
PROCESS	To set daily schedules and reminders on my calendar Weekly review with my peer – HR Manager	Daily recurring alarm reminders on 30 minutes preparation time and 30 minutes mentoring time.
PERSISTENCE (Sustainability)	Celebration retreat with team after the success of yearly performance review.	Looking forward to a celebratory meal and outing with team at an adventure resort.

7P's Habit Change Tool

NAME:

DATE:

Habit to	REDUCE	INCREASE	START	KEEP	STOP
----------	---------------	-----------------	--------------	-------------	-------------

PURPOSE		
	ACTION	TRIGGER
PASSION		
PLEASURE		
PAIN		
PEOPLE		
PROCESS		
PERSISTENCE (Sustainability)		