

This is a play for every day of the week.
You'll need a sheet of stickers, a piece of paper, and another person.

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This play is a part of Starters by JETco.
Bear in mind that it doesn't tell you what to do or when or how to do it.
You'll have to decide that for yourself.

To find more Starters, visit jet-co.org/starters.

A
This is a play for every day of the week.

B
Every day?

A
Yep.

B
Including today?

A
Including today.

B
And what are we supposed to do today?

A
They say if you can do something consistently for two weeks, then it becomes a habit and you don't have to worry about it anymore. It becomes naturally integrated into how you go about your day.

B
I don't think that's true.

A
I read it.

B
Where did you read it?

A
I heard it somewhere, I think.

B
Okay.

A
It'll help us get in the habit of doing good things.

B
Such as?

A
Drinking water. Exercising. Reading. Things we're supposed to be doing.

B
I'm not so interested in what we're supposed to be doing. I think right now I care more about what we're not supposed to do.

A
What does that mean?

B
Bad habits.

A
What's an example of a bad habit?

B
Biting your nails. Smoking. Mindlessly posting on social media.

A
I'm not worrying about those kinds of things right now.

B
Shouldn't you be?

A
I'm not interested in stripping away activities from my life right now. I want to invest in doing more, not doing less. And if that means I have to drag a few bad habits along with me while I make some new ones, then so be it.

B
What if the bad habits are creating the conditions for us to need the better habits in the first place. So getting rid of the bad habit would actually save you from having to form some counteractive good habit in the first place.

A
Do you have an example of that?

B
Not off the top of my head.

A
Do you want to think about it?

B
Do you have an example of your thing?

A
What's my thing?

B

A new good habit that you actually, desperately need to form right now. Or a new habit that isn't really just a direct result of a bad habit.

A

Not off the top of my head.

B

Then what are we arguing about? Neither of us has anything that we actually want to do or not do.

A

Give me a minute. Let me think.

B

You think of something you want to start doing. I'll think of something I want to stop.

A

Deal.

B

I've got mine.

A

I've got mine too.

B

Don't tell me what it is.

A

Why not?

B

If I know what it is, I might be tempted to hold you accountable.

A

Wouldn't that be a good thing?

B

I think we should try and hold ourselves accountable. See how it goes.

A

Alright. I'm skeptical, but I'll try it.

B
I'll make you a deal. Let's work together. We can do both our things at the same time.

A
How do you mean?

B
Give me those stickers.

A
Here.

B
Before I say what I was going to say, I have to say that these are some excellent stickers. To whoever picked these out, really great work.

A
Thank you.

B
No, thank you.

A
You were saying.

B
Okay, so this piece of paper is your calendar of habit building. And this sheet of stickers is my anti-calendar of habit breaking.

A
I have to say, this already sounds very exciting.

B
For every day that I don't do the thing that I want to stop doing, I get to peel a sticker off. And for every day that you do the thing that you want to start doing, you get to put that sticker on your sheet of paper.

A
This is less exciting.

B
But wait, there's more.

A
Go on.

B

If you don't do the thing, you have to put the sticker on your phone case. Or laptop. Or something similarly public at my discretion.

A

I don't like that. And what do you do if you do the thing you're not supposed to?

B

I just leave the sticker there. Staring at me.

A

And then at the end you'll put all the leftover stickers on your phone or laptop or something similarly public at my discretion?

B

Sure.

A

And if we both do or don't do the thing that we aren't or are supposed to be doing?

B

Nothing happens. We get a break.

A

Well great. In that case, can I have my first sticker?

B

You may. Will I see you tomorrow?

A

You will.