

CREATING NEW HABITS

NEW HABIT I WOULD LIKE TO CREATE:

WHY?

WHEN, HOW MUCH, HOW OFTEN, WHERE?

WHAT CHALLENGES OR OBSTACLES MIGHT I FACE (PEOPLE, THOUGHTS, PHYSICAL, FEELINGS, EXCUSES)? ARE THEY OBSTACLES I CAN CONTROL? HOW DO I PLAN TO DEAL WITH THEM?

IF I START TO GET FRUSTRATED OR LOSE MOTIVATION TO KEEP GOING... I WILL:

WHAT RESOURCES COULD HELP ME?

WHO WILL SUPPORT AND ENCOURAGE ME?

I NEED TO CREATE THIS NEW HABIT BECAUSE:

- I WANT TO
- I PROBABLY SHOULD
- I NEED TO
- IT IS REALLY IMPORTANT
- SOMEONE ELSE IS REQUIRING ME TO
- ALL OF THE ABOVE
- _____

WHAT WILL BE DIFFERENT IN MY LIFE AS A RESULT OF THIS NEW HABIT? WHAT BENEFITS OR RESULTS WILL I SEE OR SHOULD I EXPECT?

I AM:

- EXCITED
- WORRIED
- MOTIVATED
- ALL OF THE ABOVE
- _____

I AM COMMITTED TO STARTING THIS NEW ACTION OR BEHAVIOR ON:

MY FIRST ACTION WILL BE: