

The Systematic Approach

to

Goals

Workbook

Because your life is filled with habits, why not ensure those habits are leading you to the life you truly want?

When you include positive actions in your day-to-day routines, those actions become positive habits. As you practice positive habits, you'll live the life you've dreamed of.

1. Why are habits important to you?

The Science of Habit Development

2. How many times in a row must you repeat a behavior before it forms a habit?

3. How does your location affect habit development?

4. What are 2 types of cues as they relate to your habit development?
Give examples of them.

5. Is it okay to skip a day when you're working on forming a habit?
Why or why not?

6. How can you ensure a positive behavior you're doing becomes a habit? Include everything you can think of.

Negative Habits and Their Devastating Effects

7. What negative habits would you like to change?

8. Pick the top negative habit that bugs you the most. Take an honest look within yourself. What are the benefits to you of doing the negative habit?

9. What has been the overall, long-term effect of this negative habit on your life?

Substituting Positive Habits for Your Negative Habits & Establishing Empowering Habits

10. Now, instead of doing that negative habit, what positive behavior/habit would you prefer to do instead?

11. Answer these questions about your chosen positive behavior:

➡ Where will you perform the new behavior?

➡ How many times in a row will you initially complete the action to form a habit?

- ➡ What cues will you use to help trigger the new behavior?

- ➡ What other things can you do to set it up so you'll complete the new positive behavior when you want?

- ➡ What are the obstacles you're likely to face when starting your new, positive habit? What is your plan for overcoming these obstacles?

- ➡ How will you handle setbacks when they occur?

- ➡ How can you reward yourself after a successful 30-day period?

12. Select your next most negative habit and follow this same process to replace it with a positive habit that helps guide you to the life you want.