

Developing New Habits That Change Your Life

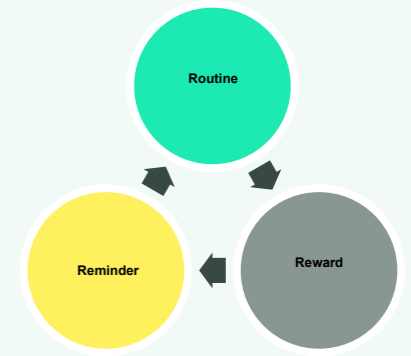
What are The New Habits that You Want to Develop?

Charles Duhigg Framework

1. What physical, emotional or mental habits provide a “reward?” List positive or negative habits.

2. What new physical, emotional or mental habits do you want to build?

3. What reward(s) do you want to put in place when working on this new habit?



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Attention Density

1. Where do you want to focus your attention this month?

2. What will you do to increase your focus on this activity? List all of the actions you can take.

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Implementation Intention: Physical Habits

1. List the habits you want to develop:
2. What's your implementation intention?
3. From a scale of 1 to 10, how likely is this implementation intention to happen?
4. From a scale of 1 to 10, how likely is this implementation intention to help you with developing this new habit? (If the number is below 8, can you find a new implementation intention?)
5. How will you acknowledge yourself for working on this new habit?

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Implementation Intention: Mental Habits

1. List the habits:
2. What's your implementation intention?
3. From a scale of 1 to 10, how likely is this implementation intention to happen?
4. From a scale of 1 to 10, how likely is this implementation intention to help you with developing this new habit? (If the number is below 8, can you find a new implementation intention?)
5. How will you acknowledge yourself for working on this new habit?

What are The New Habits that You Want to Develop?

Implementation Intention: Emotional Habits

1. List the habits:

2. What's your implementation intention?

3. From a scale of 1 to 10, how likely is this implementation intention to happen?

4. From a scale of 1 to 10, how likely is this implementation intention to help you with developing this new habit? (If the number is below 8, can you find a new implementation intention?)

5. How will you acknowledge yourself for working on this new habit?

Questions?

1. Bring them to the live coaching call
2. Share in the Facebook group / community forum