

Worksheet

Creating a New Habit Plan

Take a few moments to think about the habits you possess that are hindering your life. Think about the worst that's holding you back from better health, greater fitness, more energy, inner peace, comfort, motivation, more happiness... etc.

Current Habits Not Helping Me:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Now consider the following....

What is important to you?

What do you want to be different in your life?

What one habit if you changed it, broke it or created it would create the way for the life that you want?

What one fear if you surmounted it, would result in the biggest change in your life?

Which of the above habits could you alter, change or substitute for the next month, beginning TODAY?

Whatever it is, remember to make your monthly goals **SMART**:

- ✓ specific
- ✓ measurable
- ✓ achievable
- ✓ realistic
- ✓ time limited

And most importantly, involve you being held **ACCOUNTABLE** by a Coach, community or like-minded, supportive people. Whatever it is, if you are seeking a place where you can be held accountable, feel confident to share it with your family and friends and tell them what you need from them to help or support you.

How can you make small daily changes to alter or substitute the habits not helping you?

i.e. I want to lose 10 kilos. My habit of lounging on the couch most days isn't helping my desire for more energy and fitness.

What is your first monthly challenge to yourself in creating a new healthy habit?

i.e. I am prepared to exchange time on the couch with walking for thirty minutes, three times a week, gradually increasing my walks to five times per week.

What is your intention statement to create a positive and receptive mindset?

i.e. I have all the resources available to me to make healthy choices for myself. I have a strong heart and desire to live a fitter and healthier life. In order to feel more energy and motivation to play with my children or do things around the house, I am moving my body more. Energy creates energy!!

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Desired Outcome:

Desired Habit Change:

Obstacles:

Plan of Attack:

Outcome:

***NB:** Remember to create SMART goals and set your intention. Share your goals with supportive friends and family. Deadlines and accountability equal action!*