

Week 1

Goals & Keystone Habits

What is your #1 health goal right now?

What habits are working well in your life currently?

What habits do you want to add into your life? *Example- morning meditation practice, workout routine, eating for your dosha, intermittent fasting, reading before bed.*

Think about what person you really admire for their habits? What do you admire about this person and how can you start to evolve your own habits to reflect what you admire about others?

What is your keystone habit?

What is the #1 thing you will need to do to make your keystone habit happen?
Example- set an alarm on your phone to remind you to start winding down for bed

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Identity your habits

Habit Triggers	Ex. Trigger	Ex. Routine	Ex. Reward
Emotional	Feel frustrated or excited at work	Get up and eat a piece of chocolate	The relaxed expanded feeling from chocolate
Prior Action	After I workout I enjoy a smoothie	Make a smoothie	The feeling of fueling your body with good nutrients
Other People	My spouse tells me he is cooking dinner for us tonight	Eating dinner together with your spouse	You get to enjoy a non-cooking evening
Specific Time	Bedtime	Alarm rings and you go to brush your teeth & wash your face	Get to read in bed before you go to sleep
Specific Place	Sitting at your desk	Check your email	Feeling connected and productive

Start to recognize your triggers, habits & rewards. There are 5 trigger categories where habits & routines tend to go astray; emotional, prior action, other people, specific time, or specific place. Use the following space to break down one good habit & one habit you want to improve.

Good Habits

Habit Triggers	Ex. Trigger	Ex. Routine	Ex. Reward
Emotional			
Prior Action			
Other People			
Specific Time			
Specific Place			

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Habits you want to improve upon:

Habit Triggers	Ex. Trigger	Ex. Routine	Ex. Reward
Emotional			
Prior Action			
Other People			
Specific Time			
Specific Place			

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Identity Evolving Worksheet

When we change our habits we change! This change is fundamental to our identity. If we don't know who we're desiring to become we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

"Your current behaviors are simply a reflection of your current identity. What you do now is a reflection of the type of person that you believe that you are (either consciously or subconsciously). To change your behavior for good, you need to start believing new things about yourself." — James Clear

What kind of person do you want to become?

I want to become the kind of person who.....

I want to become the kind of person who.....

I want to become the kind of person who.....

I want to become the kind of person who.....

Who is like the person you are describing? (real person, historical person, fictional person)