



HABIT AWARENESS WORKSHEET

Identify Current Habit	Desired Identity/goal of this habit over time	Moving to your desired identity/goal: yes/no	New habit to replace old habit
Morning:			
Afternoon:			
Evening:			



Remember!

- Focus on the Start
- Create an environment that supports your habit
- Create small wins, a sense of momentum – X for each day
- Pointing and Calling – audibly say what you are doing and why you are doing it