



The 5 Habits of People Who Form Good Habits 😊

A Single 90-minute Webinar

"First we make our habits, then our habits make us." Charles C. Noble

#1...DECIDE

- a) What new habit do you want to _____?
- b) Be _____.
- c) _____ how it will look once you are "in the habit of...."
- d) Focus on only _____ habit at a time.

A habit I would like to focus on is _____

#2...BE AWARE

- a) Are you _____ to start working on a new habit?
 - Will it require:

_____	_____
_____	_____
_____	_____

- b) Understand that it's not just about _____.
- How might H.A.L.T. weaken your effectiveness?

H _____

A _____

L _____

T _____

c) What are the “_____”? Rate on a scale of 1-10, with 10 being the most important reason you need to do this.

• _____ **Rating:** _____

• _____ **Rating:** _____

• _____ **Rating:** _____

d) How high do the above ratings of the “whys” have to be to strengthen your _____ enough to persevere?

e) What are the “what ifs”? What will happen if you don’t create this new habit? Be specific!

• _____

• _____

• _____

f) _____ are you doing this for? _____

g) How will _____ look in the future after you’ve created this new habit? **Be specific.**

h) Can you “_____” the new habit well (or will you be able to)? Be aware of the possibility of forming a good habit in a “bad” way.

i) Create the new habit in a way that works for _____.

j) Remove _____.

k) If the habit you want to create is “stopping something,” you may need to fill the _____ left when you are no longer doing it.

#3...COMMIT

- a) Have a _____ plan.
- b) Be _____, not “superhuman.”
When? _____
Where? _____
How? _____
Signals? _____
- c) Perform the new habit at _____.
- d) Take _____.
- e) Start _____.
- f) “_____” on your consistency if possible and appropriate.
- g) Be _____.

- h) Post _____ reminders.

My reminders can take the form of: _____

- i) Forget the _____;
do it until you do it without thinking – until you’d _____ it if you didn’t do it.
- j) Understand that there may be _____ ~
how will you handle those times?

Challenge: _____

My solution: _____

Challenge: _____

My solution: _____

- k) One obstacle may be that you miss the “_____” of your old habit or of not having a habit at all in that area.

#4...REFLECT

- a) Take time to _____ how it's going.
- b) How can you _____ your process?
- c) Is it _____?
- d) Are you “_____”?
- e) Schedule a routine time to _____.
- f) Know that in most cases, striving for _____, not perfection, makes it much more likely that you will succeed.

#5...REWARD YOURSELF

What is my “take-away” for today?

How will I use this information in the next 30 days? _____

HABIT

I am your constant companion.

I am your greatest helper or your heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half the things you do, you might just as well turn over to me,

And I will be able to do them quickly and correctly.

I am easily managed; you must merely be firm with me.

Show me exactly how you want something done,

And after a few lessons, I will do it automatically.

I am the servant of all great men,

And, alas, of all failures as well.

Those who are great, I have made great.

Those who are failures, I have made failures.

I am not a machine,

Though I work with all the precision of a machine,

Plus the intelligence of a man.

You may run me for profit, or run me for ruin;

It makes no difference to me.

Take me, train me, be firm with me,

And I will put the world at your feet.

Be easy with me, and I will destroy you.

Who am I? I am HABIT...

-Author Unknown

877-216-5781

LINDA BRUNO Linda@LindasWorkshops.com