

CHOOSING A GOAL

Now that you've identified two or three bad habits to replace, it's time to clarify the purpose behind making each change. Understanding the reasons for shifting your habits will help you choose replacement behaviors that effectively serve your intentions.

For each bad habit listed below, ask yourself: "Why do I want to change this? How is this habit preventing me from achieving what truly matters?" Then, write down the goal you aim to achieve by making this habit change.

Bad Habit #1:

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The goal for changing this habit is:

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Bad Habit #2:

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The goal for changing this habit is:

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Bad Habit #3:

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The goal for changing this habit is:

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Getting a clear understanding of your objectives will streamline the process of selecting new, aligned habits during the brainstorming phase. It also allows you to track whether your habit replacements are bringing you closer to your goals.