

Creating New Habits

New Habit I would like to create:

Why?

What challenges or obstacles might I face?
(people, thoughts, physical, feelings, excuses)
Are they obstacles I can control? Not control?
How do I plan to deal with them?

If I start to get frustrated or lose motivation to
keep going I will:

Details: (When, How
much, How often, where)

What resources could
help me?

Who will support and
encourage me.?

I need to create this new habit
because:

- ☐ I want to
- ☐ I probably should
- ☐ I need to
- ☐ It is really important
- ☐ Someone else is requiring me to
- ☐ All of the above
- ☐ _____

What will be different in my life as a
result of this new habit? What benefits
or results will I see or should I expect?

I am:

- ☐ Excited
- ☐ Worried
- ☐ Motivated
- ☐ All of the above
- ☐ _____

I am committed to starting this new
action or behavior on:

My first action will be: