

**BACKGROUND:**

When we are in survival mode, it's easy to get locked in a state of confusion, not taking the steps needed to help our situation and thrive. By having consistent habits and rituals to maintain the state of being needed, will help ensure a better feeling state, in turn leading towards the necessary actions to power our dreams.

**My Top 3 PRIORITIES in life right now are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**1. My 3 Top STRESSORS in life currently are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**2. What supportive daily habits – SPECIFIC DAILY ACTIONS – could you introduce?**

Write up to 5 action that support – include your HOME, PERSONAL, and WORKLIFE. They must be specific and measurable you know what to do and can clearly say you've completed them. These should support the flourishing of your inner child's dream.

*TIP: you know yourself, where do you sabotage yourself regularly? What ideas do you already have?*

**EXAMPLES:**

- 15 minutes of silence daily
- complete a morning walk daily
- take 15 minutes to check in with my feeling state mid afternoon
- drink at least 8 glasses of water a day
- be in bed no later than 9 PM daily
- Connect with friends at least once a day
- right my top 3 priorities out daily

<b>HABIT</b>	<b>BENEFIT to me</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

**3. Which 3 habits will you COMMIT to?**

**I will start** \_\_\_\_\_ **tomorrow**

**I will start** \_\_\_\_\_ **next week**

**I will start** \_\_\_\_\_ **next month or** \_\_\_\_\_

**4. Who do I need to BE to implement these habits? I will be someone who is:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**REMEMBER:** it takes time and practice to implement new habits. The start as simple actions and gradually, as you do them regularly, they become habits. It can take from 21 to 30 days to implement a new habit, and a few months to cement a habit. Be patient with yourself. If you miss just start again the next day.