

Daily Habits to Support Your Goals

Objective

To develop a daily plan to build positive habits.

What to Know

You might sometimes overlook the importance of daily habits in managing your life, reducing stress, and achieving your goals. But it is often the small daily choices you make in your daily routines that enable *big* changes in your life.

This worksheet helps you build a simple plan so that no matter what happens, you feel calm and focused because you have positive and supportive habits.

What to Do

Fill in the following sections.

List your top three priorities in your life.

1. _____
2. _____
3. _____

List your top three stressors right now.

1. _____
2. _____
3. _____

What specific and measurable daily habits can you add to your life that will support you in achieving your goals and/or reducing stress? Write down three ideas for each category.

Some examples: go to bed by 10:00 pm, meditate for 15 minutes before breakfast, or spend an hour with your partner after dinner each evening, use an app to record appointments

Home

1. _____
2. _____
3. _____

How will these habits benefit you?

Relationships

1. _____
2. _____
3. _____

How will these habits benefit you?

Work/Career

1. _____
2. _____
3. _____

How will these habits benefit you?

How do you sabotage yourself? For example, if you want to lose ten pounds, but you find yourself eating junk food when you are stressed out. Be honest!

Choose THREE habits out of the above categories that you will commit to.

1. _____

2. _____

3. _____

I will start _____ tomorrow.

I will start _____ next week.

I will start _____ next month.

What do you need to do to actually implement these habits?

Who can help you? _____

Who can hold you accountable? _____

How will you record and measure your progress? You can use a journal, app, or other means to track your progress.

Keep in mind that it takes time and practice to build new habits. Gradually, simple actions become habits, and your positive habits help you achieve your goals. Research indicates it takes 21-30 days to implement a new habit, and a few months to cement that habit. Be kind to yourself when you slip. Just begin again the next day!

Reflections on This Exercise

How helpful was this exercise? _____

(1 = not very helpful to 10 = extremely helpful)

What did you learn from this exercise?
