



Habit Shifting Sheet

Our lives are primarily made up of the habits and actions that we do by rote, day by day.

Changing a habit. Adding the right habit.

Removing a habit that no longer serves you...will make your life (and fitness) change automatically. For today, let's agree that we can change anything we want to change for this mere 12 weeks.

What are you committed to changing?





Date:

List 3 habits, that if you changed, added, or removed from your life, would make the most significant difference for your health and fitness:

Pick just one action from your list above. One change that you are willing to commit to 100% for the next 12 weeks.



Date:

WHO do you need to be to make this change? What is the person like who totally embodies this habit or way of being? What might hold you back or trip you up? Pre-warned is pre-armed.



Actions

Making the change stick. In the RESOURCES section, you will find exercises you can use to begin shifting away from the habit(s) you don't want and toward the habit(s) you want to embody.

- ☐ EFT
- ☐ Future You Visualization
- ☐ Wonder Woman
- ☐ *FPA (friggin plan ahead)
- ☐ Raise your energy
- ☐ Celebrate
- ☐ Add a favorite:

Notes: