

Topic:  
Creating Habits for Lasting Change

*“We first make our habits and then our habits make us.”*

—John Dryden

 Reflection Questions and Exercises

Choose one thing you’d like to change in your life. What is it?

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What habit or habits can you create that will support this change? Start this habit today. Act now!

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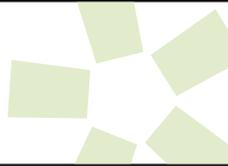
What cue can you put in place to trigger your habit?

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Commit to your habit for at least 30 days. In this time period you will get in the groove with your new habit but keep in mind that research shows it actually takes 66 days to solidify a habit. Start a journal or use a calendar to chart your progress.



This Month's Topic:  
Living Deliberately

What support system can you create? An accountability buddy? A mentor? A support group?

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Complete the following sentence stem at least 6 times with whatever comes to mind. "If I stick to this habit I..."

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Notes and Additional Thoughts

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*"Incremental change is better than ambitious failure...  
Success feeds on itself."*

-- Tony Schwartz