



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Habit Hacking ~ Worksheet 1 - January 2021

Had a “Wagon Moment”? It’s okay Wellbeing Warrior – I got you. Don’t beat yourself up – take it as a wonderful opportunity to LEARN and raise your level of self-awareness so you can do differently next time. get it down in black and white – you will feel better and learn.

No need for self-judgement, or feeling bad – just learn what you need to learn, and move forwards towards your goal! Remember – **you don’t have a PROBLEM, you have a PATTERN.** Find out what it is, and you are 80% of the way to solving it. BOOM!

Use this worksheet whenever you “fall off the wagon”. Note that depending on the habit you are establishing this might be a habit you haven’t done like gone to yoga when you said you would, OR something you did that when you promised you wouldn’t, eg. drank the wine when you committed to being alcohol free. This worksheet works for both – just fill in accordingly.

What is the Habit item that you did/ did not do today, and hence fell “off the wagon”?

Interesting Mister Bond. WHY did you choose to do / not do that?

Okay. So, what did you choose to do / not do instead?

Interesting choice. And WHY did you make that choice in the moment? WHY did you DO that? There is always a positive payoff in some way, even if it's avoiding a negative like reducing stress in the moment by eating cake, or avoiding feeling like you have let someone down, or escaping an uncomfortable conversation. So... WHY did you CHOOSE the thing you chose, INSTEAD OF honouring your habit? Be honest with yourself WHY did you choose what you chose?

Right. Fascinating. So, get super clear and own it. This is very good clarity.

Today I chose to _____ instead of honouring my habit to _____ because _____. So, I put _____ ahead of _____.

Okey dokey. So how do you FEEL about that, when you look at it really clearly like that?

Would you say that is a regular choice that you make? Is it perhaps a bit of a pattern for you? When did something like that last happen and you didn't honour your habit?

Here's the important thing ladies - sometimes you might feel fine about missing your habit (*I took my daughter to the hospital, rather than honouring my commitment to my yoga class and I feel 100% fine about that - absolutely the right choice in the moment, proper emergency*) or you might feel not so good about it (*I basically came home and missed yoga and ate cheese and watched Netflix because I was so stressed about work... again. Hmmmm... that's the 4th time I have done that, that does not feel good.*). Either way you WIN - or you LEARN.

So – if you are in LEARN mode – keep going:

What do I need to do to stop this happening again? What would break the pattern? This may be something you have resisted – BUT – could be solved with one conversation / arrangement / purchase. Move out of AVOIDANCE so you can set your Habit up for success. (eg. conversation with my boss re: workload and delegation / conversation with partner re: childcare on Tuesdays / Put the alarm clock in the hallway so I HAVE to get up and switch it off)

Is there anything else I can do that would REDUCE FRICTION so it is EASIER for this habit to happen with ease? (maybe you keep your yoga mat in the boot of your car / delete Instagram off your phone so you stop checking on your ex obsessively / no meetings after 4pm so you can leave work on time). What REDUCES FRICTION so your habit is even EASIER to action?

WHEN WILL I take the above steps to reduce FRICTION on my habit?

What big GOAL does this HABIT support? What are you working towards?

WHY is this important to you and your wellbeing long term?

WHEN will I NEXT be carrying out my HABIT? Basically, when do I get back on the wagon?

HOW do I feel about my ability to accomplish my HABIT now?

- Is it doable?
- Have you reduced the friction?
- Are you tracking the process?

Is there anything else I need to do for myself right now on this?

What have I LEARNED today from the INSIGHT from this Wagon Moment?

Well done lady. REALLY, REALLY good work. Now – go get back on that Wagon!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and includes a stylized flourish at the end.