

DEVELOPING NEW HABITS

EPIPHANY: RECOGNIZE THE NEED; IT HAS TO BE SOMETHING IMPORTANT TO YOU

What is the specific new behavior you want?
Choose a new habit

Identify a positive trigger that starts the habit you wish to cultivate

START SMALL. SMALL ACTIONS LEAD TO BIG CHANGE; A 5,000 MILE JOURNEY STARTS WITH 1 STEP

REWARD: SMALL WINS NEED SMALL REWARDS. ACKNOWLEDGE AND CELEBRATE SUCCESS; IT CAN BE AS SIMPLE AS STATING, "I DID IT!"

