

## Out With the Bad, In With the Good Habit Building Activity

*"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Will Durant*

As the title of this activity suggests, you are going to identify the habits in your life that are holding you back, and replace them with habits you will form in their place to promote growth and positive change in your life.

### Instructions:

40% of our daily activities are habitual in nature so you likely have more of them as part of your typical day than you realize. Starting with the moment you wake up, to the second you fall asleep, I want to create a list below of any habits, repeated behaviors, or routines you do on a typical weekday

### Example:

- Each morning, I go to Starbucks and get a venti iced coffee with extra skim milk.

### Your Turn:

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*Next, I want you to identify which of these habits you would classify as bad or, at the least, something that does not serve you or help you make progress towards your goals. List them next to the bullet point.*

### Example

- I order take out everyday for lunch at work.
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Now, on the lines below, I want you to formulate a “**reason for change**” habit building statement for each of the habits that don’t serve you, using the provided example as a guide.

**Example:**

- I order take out everyday for lunch at work. (old habit) This does not serve me as it is expensive and is not very healthy. (reason for change) A good habit I could replace it with is making and packing a lunch at night for work, and ordering out just on Friday’s to treat myself to help save some money and eat healthier. (Good Habit)

**Your turn:**

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**Wrap-Up:**

*Think about all you have accomplished in completing this activity. You have reflected on your daily routine, identified areas that you can improve in, and developed a list of actions you CAN take to bring about positive change through forming new habits. You can use this activity to develop new goals as well. For instance, if you find that several of your habits involve spending money, it may help you determine that a “personal finance” goal would be beneficial for you moving forwards.*

Written by:

*Man with a plan*