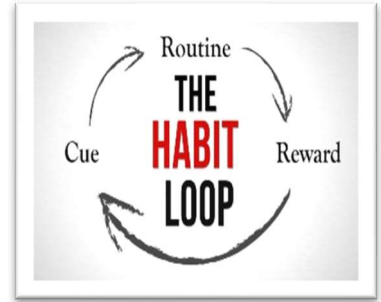


Habit Analysis Tool

Depending on what they are, habits will either make us or break us.
We become what we repeatedly do. Are your habits taking you closer to or away
from your goals?

Studies show that 40% of our daily actions do not require us to make any decisions,
but they are habits we have formed over time. Our habits control us! It is
possible to change our habits!



1. List out your habits (good and bad)
2. Determine what the trigger is that puts that habit into motion
3. What is the reward for doing what you do?-
2. Then determine if it is a habit you want to keep, improve or change.

Habit	Cue/Trigger	Action	Reward	Keep/Improve/Change

It is easier to change a habit than to start a new one or quit a bad one. Which ones should I modify?
You must change the trigger, the response, or the reward.

