

Over 90% of people have an unhealthy habit...



Healthy, Wiser Habits Create a Healthy, Wiser World



28-Day





Our Habit Improvement Reflection Circle

Helping you stay on track to your goal

Monthly Check-In & Insights What's Working for You

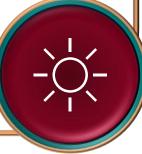


Adjusting Your Strategies Encouragement Boosting



Third Sunday, 2 PM, ET

Register Here



28-Day Positive Habit Improvement





Dear Friend,

Over 90% of people struggle with unhealthy habits. Our 28-Day Positive Habit Improvement program works to transform your habits and transform your life.

The 28-Day Positive Habit Improvement program is designed to help you break the cycle and build lasting, positive improvement. You can access our <u>free habit-improvement PDF here.</u>

Our monthly support meetings help you stay on track.to your goal. We help you develop healthier, wiser habits for a better you. We make habit improvement enjoyable and sustainable. Start your journey today – because small changes lead to big transformations!

Use this workbook alongside reading the 28 chapters. Your insights, intentions, and goal-setting will provide a roadmap to the life you want to live. We are here to help you create it.

Your Positive Habit Improvement Coach, Sandy Hinden

Use a letter to describe your day.

- S = Seeking Dopamine Balance
- W = Wellness Dopamine Balance
- H = Seeking Dopamine High
- W = Dopamine Withdrawal

1	8	15	22	
2	9	16	23	
3	10	17	24	
4	11	18	25	
5	12	19	26	
6	13	20	27	
7	14	21	28	

Describe your day, any insights, or progress

	become year ady, any menginte, or progress
1	
2	
3	
4	
5	
6	
7	

Describe your day, any insights, or progress

8	
9	
10	
11	
12	
13	
14	

Describe your day, any insights, or progress

22	
23	
24	
25	
26	
27	
28	

Life Satisfaction

Dissatisfaction can wear away happiness and lead to vulnerability to being triggered and a slip-up.

Dissatisfaction	Affirmation

My Intentions

This year I would like...

1. _____

2.

3. _____

To sustain the long-term effort, try to make it fun...



The Power of Intentions

Something I Want In My Life

Intentions I Set	Strategies I Can Use	Actions I Take
Actions That Seem	Actions I Might	Things I Can Do
"Impossible" to Do	Be Willing To Do	To Get What I Want

Area	l Would Like to Improve	Progress
Health, Physical		
Emotional		
Intellectual		
Spiritual		
Relationships		
Family		
Social		
Career		
Financial		
Learning		
Hobby		

My New Intentions

I would like...

1. _____

2. _____

3.

Mindfulness & Serenity Skills

In a fast-paced world, mindfulness offers a way to find calm and clarity.

This section
introduces the technique of
mindful meditation and mindfulness
to help you manage stress and stay grounded
in the present moment.

Mindfulness Questions

What is my current state of mind?	How connected do I feel to my surroundings?
What intentions do I want to set for my day?	What is one thing I can let go of today?
What makes me feel alive?	What are my core values?
What is my happy place?	When do I feel most like 'me'?

Mindfulness & Understanding Practice

Mindfully notice, then understand your feelings, needs, wants, and what you would prefer or like.

I notice	I feel	Need / Want / Prefer / Like

Who or What is Influencing You?

People	
Places	
ldeas	
Organizations	
Things	
Processes	

My Obsessions



Ongoing Obsessions	Frequent Obsessions	Occasional Obsessions

10 Ways I Can Be Kind To Myself



1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

My Goals



This Week	
This Month	
This Quarter	
This Year	

Attitude Inventory

	1	2	3	4	5	6	7	8	9	10	
Negative Energy											Positive Energy
Mind-Controlled											Mindfulness
Intensity											Serenity
Conflict											Peace
Anger, Resentment											Compassion
Comparing											Gratitude
Arrogance											Humility
Unhealthy											Wellness
Guilt, Shame											Forgiveness
Over-complexity											Simplicity
Obsession, Confusion											Clarity
Unbalanced											Balanced
Discord											Harmony
Foolish											Wisdom
Addictions											Wellness

Day	Date	Weight	Well Days	I go to sleep earlier My goal is in a healthy way I do a clearing and create an opening for new possibilities I return to meditation, mindfulness, serenity, self-compassion, self-appreciation, self-kindness, simplicity, gratitude, inner wisdom, and self-care
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				

