

# 28-Day Positive Habit Improvement Workbook



**Guiding Values**

**Helpful Skills**



**Encouragement**

**Resilience**



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

Wiser  
Habits



Wiser  
World

Healthy, Wiser Habits Create a Healthy, Wiser World



# 28-Day Positive Habit Improvement

MONTHLY ONLINE MEETING

**Our Habit Improvement Reflection Circle**

Helping you stay on track to your goal

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

28-Day  
Positive Habit  
Improvement



Adjusting Your Strategies  
Encouragement Boosting



**Third Sunday, 2 PM, ET**

**Register Here**



# 28-Day Positive Habit Improvement

28-Day  
Positive Habit  
Improvement



Monthly  
Reflection  
Circles

**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 [free habit-improvement PDF here](#).**

**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**

# 28-Day Positive Habit Improvement Journal

Use a letter to describe your day.

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

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

# 28-Day Positive Habit Improvement Journal

Describe your day, any insights, or progress

1	
2	
3	
4	
5	
6	
7	

# 28-Day Positive Habit Improvement Journal

Describe your day, any insights, or progress

8	
9	
10	
11	
12	
13	
14	

# 28-Day Positive Habit Improvement Journal

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

<b>Intentions I Set</b>	<b>Strategies I Can Use</b>	<b>Actions I Take</b>

<b>Actions That Seem “Impossible” to Do</b>	<b>Actions I Might Be Willing To Do</b>	<b>Things I Can Do To Get What I Want</b>

Area	I Would Like to Improve	Progress
<b>Health, Physical</b>		
<b>Emotional</b>		
<b>Intellectual</b>		
<b>Spiritual</b>		
<b>Relationships</b>		
<b>Family</b>		
<b>Social</b>		
<b>Career</b>		
<b>Financial</b>		
<b>Learning</b>		
<b>Hobby</b>		

# 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

Ideas

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



<b>Day</b>	<b>Date</b>	<b>Weight</b>	<b>Well Days</b>	<p style="text-align: center;"><b>I go to sleep earlier</b> <b>My goal is ___ in a healthy way</b> <b>I do a clearing and create an opening for new possibilities</b> <b>I return to meditation, mindfulness, serenity, self-compassion,</b> <b>self-appreciation, self-kindness, simplicity, gratitude, inner wisdom, and self-care</b></p> <p style="text-align: center;">😊</p>
Sun				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				

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