



**Guiding Values**

**Helpful Skills**

# Positive Habit Improvement

## Coaching

Free E-Book, Workbook,  
Monthly Reflection Circle Meeting

**Sandy Hinden**



**Encouragement**

**Resilience**



# Positive Habit Improvement Coaching

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# Introduction & Invitation

# Welcome to Positive Habit Improvement Coaching



I'm Sandy Hinden, and I'm here to guide you on an **enjoyable journey** to **improve your habits** and lead a **happier, healthier life**.

Through personalized coaching, you'll have the support you need to make **lasting habit improvements** that nurture **serenity, compassion, and wisdom**.



I have created a program that will give you the **tools, strategies, and resources** you need to create a more **enjoyable, peaceful, and wiser** way to live.

# Positive Habit Improvement Coaching

## This Program Includes

- **Personal Coaching:** One-on-one sessions to tailor strategies to your unique needs.
- **The 290-page Positive Habit Improvement PDF:** A comprehensive guide to help you break free from unhelpful habits and foster positive change.
- **The 22-page Workbook:** Practical exercises and reflections to help reinforce your improvement.
- **Monthly Group Sessions:** Online support to share progress and insights and stay motivated.
- **Annual Workshop:** A deep dive into continuous improvement with expert guidance and group activities.

# Positive Habit Improvement Coaching

In the **28-Day Positive Habit Improvement** program, you'll learn to let go of what no longer serves you, reconnect with your higher self, and take meaningful actions that enrich your life.

The process is designed to empower you to create a personal sanctuary of calm amidst life's chaos. You'll make progress each day, cultivating habits that align with your values and bring out the best in you.

Together, we'll work step-by-step to transform your habits and make you the best version of yourself.

I am looking forward to joining you on this enjoyable journey!

**Your Positive Habit Improvement Coach,**  
**Sandy Hinden**

# Positive Habit Improvement Coaching

Obsessive  
Thinking

Pain of the  
Mind  
Heart  
Body



Mind  
Controlled  
by Others  
and the Media

Seeking  
Pleasure  
to Numb  
the Pain



Unhealthy,  
Unwise,  
Unproductive  
Habits

# Positive Habit Improvement Coaching

Clear & Wise  
Thinking

Peaceful  
Mind  
Heart  
Body



Mindful  
Awareness

Gratitude  
Appreciation  
Satisfaction



Healthy,  
Wise,  
Productive  
Habits



# Positive Habit Improvement Coaching

# 28-Day Positive Habit Improvement Coaching

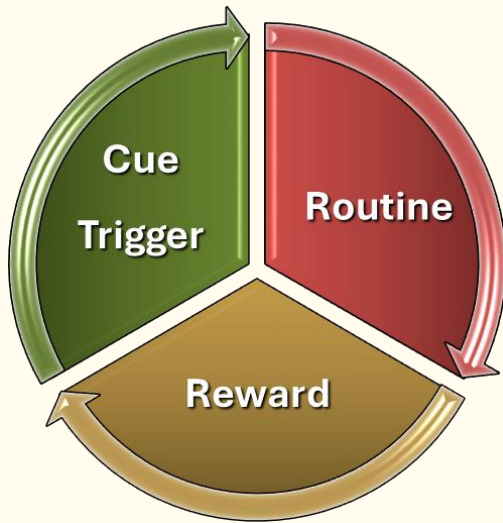


## Welcome to the Positive Habit Improvement Coaching Program

**Are you ready to break free from unhealthy habits and create lasting, positive improvements in your life?**

**Positive Habit Improvement Coaching** is designed to help you take control, rewire your daily routines, and build powerful habits that lead to long-term success, health, and happiness.

# 28-Day Positive Habit Improvement Coaching



## What You Will Gain

- In just four weeks, you'll gain the tools, mindset, and support needed to replace destructive behaviors with empowering ones.
- Whether you're looking to overcome addictions, boost productivity, improve well-being, or strengthen discipline, this program provides a structured and supportive approach to real transformation.

# 28-Day Positive Habit Improvement Coaching

## What You Can Expect

- ✓ **Daily Guided Actions** – Step-by-step exercises to shift your mindset and behaviors.
- ✓ **Successful Strategies** – Proven techniques to break bad habits and form new, positive ones.
- ✓ **Personalized Coaching** – Insights and motivation to keep you on track.
- ✓ **Accountability & Support** – A structured approach to help you stay committed.
- ✓ **Lasting Improvement** – Tools to maintain your improvement beyond the 28 days.

# 28-Day Positive Habit Improvement Coaching



## Tailored for Every Stage of Life

- ❖ **Ages 18-30** – Build habits that set the foundation for a successful, fulfilling future while avoiding common pitfalls that hold young adults back.
- ❖ **Ages 30-40** – Breakthrough personal and professional plateaus, refocus your energy, and create a balance between ambition and well-being.
- ❖ **Ages 40-60** – Overcome long-standing habits, revitalize your mindset and make the next chapter of your life your most empowered yet.
- ❖ **Ages 60+** – Discover new routines that enhance vitality, mental clarity, and joy while letting go of habits that no longer serve you.

# Positive Habit Improvement Coaching



## **Your Transformation Starts Now!**

You don't have to stay stuck in the same cycles.  
This is your opportunity to take charge,  
reset your habits, and create  
the life you deserve.

**Sign up today and  
take the first step toward a  
healthier, happier, and more  
empowered you!**

The Top  
18 Addictions  
of 2025

# The Top 18 Addictions of 2025



1. **Alcohol Addiction** – Persistent craving and excessive consumption despite negative consequences. *It remains one of the leading causes of liver disease, mental health struggles, and impaired decision-making.*



2. **Nicotine Addiction** – Smoking and vaping remain widespread, leading to serious health risks. *Despite awareness of its dangers, many struggle with withdrawal symptoms and social triggers.*



3. **Opioid Addiction** – High-risk dependence on heroin and prescription painkillers. *The opioid crisis continues to claim lives, with fentanyl making overdoses even more deadly.*



# The Top 18 Addictions of 2025



4. **Cannabis Addiction** – Increasing use and dependency, affecting cognition and mental health. *While often seen as harmless, chronic use can lead to motivation loss and anxiety disorders.*



5. **Stimulant Addiction** – Cocaine and methamphetamine abuse leading to severe psychological dependence. *These drugs can create short bursts of euphoria but often result in paranoia, aggression, and physical deterioration.*



6. **Prescription Drug Addiction** – Misuse of sedatives, anxiolytics, and painkillers. *Even medications prescribed by doctors can become addictive, leading to dependency and withdrawal issues.*

# The Top Addictions of 2025



7. **Gambling Addiction** – Compulsive betting with financial and emotional consequences. *Casinos, online platforms, and sports betting apps have made gambling more accessible than ever, fueling addiction.*



8. **Food Addiction** – Overconsumption of processed foods, and emotional eating lead to obesity and health issues. *Foods stimulate the brain's reward system in a way similar to drugs, making them hard to resist.*



9. **Internet & Technology Addiction** – Excessive smartphone, gaming, and social media use. *Dopamine-driven design in apps and games keeps users hooked, leading to sleep deprivation and social isolation.*

# The Top 18 Addictions of 2025



**10. Inhalant Addiction** – Dangerous misuse of household products, causing severe neurological damage. *Commonly abused by younger individuals, inhalants can cause sudden death or irreversible brain damage.*



**11. Anger-Resentment Addiction** – Habitual emotional reactivity, feeding cycles of conflict and stress. *Many people unconsciously fuel their anger, finding comfort in blame, outrage, and online arguments.*



**12. Car Speeding Addiction** – A thrill-seeking behavior leading to accidents and legal issues. *The adrenaline rush of reckless driving can become addictive, often resulting in repeated dangerous behavior.*

# The Top 18 Addictions of 2025



**13. Makeup Addiction** – Compulsive reliance on cosmetics for self-esteem and social acceptance. *Some individuals feel they cannot be seen without makeup, leading to anxiety and identity struggles.*



**14. Shopping Addiction** – Uncontrolled spending is often linked to emotional regulation issues. *Retail therapy offers temporary relief but often leads to debt, regret, and compulsive spending cycles.*



**15. Pornography-Sex Addiction** – Excessive consumption of adult content or compulsive sexual behaviors. *It can lead to distorted perceptions of intimacy, relationship struggles, and dependence on artificial stimulation.*

# The Top 18 Addictions of 2025

“Acknowledging the unproductive thoughts and ineffective behavior that you've tried to ignore can be uncomfortable. ... stepping out of your comfort zone and choosing to proactively address bad habits will skyrocket your ability to create long-lasting change.”

Amy Morin

- 16. Violence Addiction** – A compulsion to engage in or seek out violent situations, whether physically or virtually. *This can manifest in real-life aggression or obsession with violent media, reinforcing destructive behaviors.*
- 17. Money Addiction** – An obsession with accumulating and comparing limits well-being and relationships. *It can drive workaholism, unethical behavior, and dissatisfaction, regardless of financial success.*
- 18. Dissatisfaction Addiction** – Thoughts that your appearance, body, education, title, and success are not enough. *You can't allow yourself to feel appreciation and happiness without more or better of this or that.*

# Addictions & Life Satisfaction Inventory

# Addictions & Life Satisfaction Inventory



## Instructions

**Answer the following questions honestly,  
selecting the response that best reflects your experiences.**

**After completing the questionnaire,  
total your score to assess how your habits  
impact your life satisfaction.**

## Questions & Scoring

**Questions 1-6 / Unhealthy Habits - Addiction Negative Impact  
(Lower Score = More Struggle)**

**Questions 7-10 / Positive Life Satisfaction  
(Higher Score = More Satisfaction)**



# Addictions & Life Satisfaction Inventory



- 1. How often do you feel that your habits or behaviors are negatively impacting your physical health?**  
Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)
- 2. Do you experience guilt, regret, or frustration related to certain habits or behaviors?**  
Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)
- 3. How frequently do your habits interfere with your relationships (family, friends, romantic partners)?**  
Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)
- 4. Do you find yourself trying to quit or cut back on a habit, only to relapse or feel powerless to change?**  
Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)



# Addictions & Life Satisfaction Inventory



- 5. To what extent do you feel your habits affect your financial stability (overspending, debt, lost income, etc.)?**  
Not at all (4) / A little (3) / Somewhat (2) / Quite a bit (1)  
/ A great deal (0)
- 6. How often do you prioritize an addictive behavior over responsibilities such as work, school, or self-care?**  
Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)
- 7. How satisfied are you with your overall mental and emotional well-being?**  
Very satisfied (4) / Somewhat satisfied (3) / Neutral (2)  
/ Somewhat dissatisfied (1) / Very dissatisfied (0)

# Addictions & Life Satisfaction Inventory



- 8. How often do you use a habit or behavior as a way to cope with stress, boredom, or difficult emotions?**

*(Reverse Scored: More reliance on habits = Lower score)*

Never (4) / Rarely (3) / Sometimes (2) / Often (1) / Always (0)

- 9. Do you feel that your habits align with your long-term goals and values?**

Always (4) / Most of the time (3) / Sometimes (2)  
/ Rarely (1) / Never (0)

- 10. On a scale from 1 to 10, how fulfilled and happy do you feel with your current life?**

10-9 (4) / 8-7 (3) / 6-5 (2) / 4-3 (1) / 2-1 (0)

# Addictions & Life Satisfaction Inventory

## Scoring & Interpretation

Add the scores from questions 1-6 and 1-10      Total Score: 0 – 40

- **31 – 40 → High Life Satisfaction & Strong Habit Control**  
Your habits align with your values, and you maintain a high level of well-being.
- **21 – 30 → Moderate Habit Concerns**  
You may have some habits that negatively impact your well-being.  
They can be managed and improved for more life satisfaction.
- **11 – 20 → Significant Habit Disruptions**  
Addictive behaviors are interfering with different aspects of your life.  
Change is necessary to regain balance.
- **0 – 10 → Severe Habit Control Issues & Low Life Satisfaction**  
Your habits may be taking a toll on your mental, emotional, and physical health. Seeking support and making lifestyle changes is highly recommended.

# Addictions & Life Satisfaction Inventory

## Next Steps

If your score suggests habit-related struggles, consider reflecting on which behaviors impact you most and take the first step toward positive change.

**Coaching, accountability,  
and this structured habit improvement program  
can help you regain control and improve  
your overall well-being.**

**You Can Contact Me Here**

# Getting Started & Fees

# How to Get Started



290-page PDF

Workbook

Zoom Meeting

Coaching

1. **Complete the Life Satisfaction Inventory** – Assess how your habits impact your well-being and identify key areas for change.
2. **Download the Free Resources** – Click the Buttons on the Left Access the **290-page Habit Improvement PDF** and the **22-page Workbook** to start your journey.
3. **Join a Monthly Support Meeting** – Stay on track with our **free online group sessions**, where you'll receive guidance and motivation.
4. **Apply the Daily Strategies** – Follow the **28-Day Positive Habit Improvement plan** with step-by-step actions for real transformation.
5. **Get Personal Coaching (Optional)**  
For one-on-one guidance, coaching is available to help you stay committed and overcome obstacles.
6. **Start today!** Download the resources and take your first step toward a healthier, wiser life.

# Habit Improvement Coaching – Fee Structure

I offer **one-on-one coaching** at three contribution levels, allowing you to choose what aligns with your financial situation while receiving the same high-quality guidance.

❖ **Supporter Coaching – \$75 per hour**

For those who need affordable coaching while staying committed to personal growth.

❖ **Sustainer Coaching – \$100 per hour**

For individuals who can invest more in their habit improvement journey and help sustain this work.

❖ **Patron Coaching – \$150 per hour**

For those with greater financial means who wish to support their transformation and the mission of making these resources accessible to all.

**All coaching sessions provide:**

- ✓ Personalized habit improvement strategies
- ✓ Accountability and motivation
- ✓ Practical steps to break unhealthy cycles
- ✓ A structured, supportive approach

**Ready to start?**

Contact me today to schedule your session and take the next step toward a healthier, wiser life.

**You Can  
Contact Me Here**

**Sandy Hinden**  
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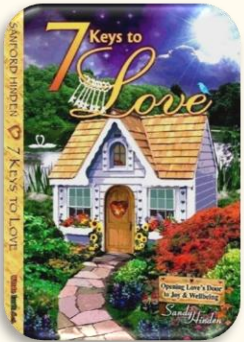


About

# Bio



## Sanford Hinden Coach, Educator, Author



- Sandy provides [programs](#) for libraries and organizations in person and on Zoom in personal development, communications and relationships, and social and global development for peace and sustainability.
- He worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services for Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- In 2009, he wrote and published [7 Keys to Love – Opening Love’s Door to Joy & Wellbeing](#).
- He works on [Wisocracy](#) for wise democracy, wisdom, wellness, peace, and nature.
- Sandy is available for coaching in communication, habit change, and recovery.

## Testimonials



**“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now.”**

**Ronald Gross, Columbia University**



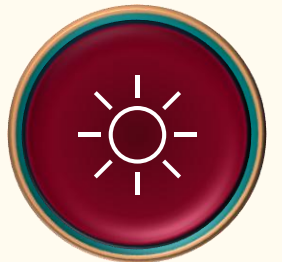
**“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”**

**Meg Rivers, HBO / HBO Max**



**“Sandy is an inspirational actionist! His wealth of experience and human kindness makes learning with and from him an enriching experience and always a joy.”**

**Alexander Laszlo, Global Systems Educator**





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**Helpful Skills**

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## Coaching

Free E-Book, Workbook,  
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**Encouragement**

**Resilience**

