

Why pick a habit for each area of your life?

Consider each of the following areas of your life, and what they may look like 5 years from now.

1. Emotional and Spiritual Life
2. Physical Health
3. Relationships
4. Career
5. Finances
6. Rest & Recreation (personal interests and down time)

A singular, small action will not produce significant results in the short term. But, over time, small actions lead to big change.

- Smoking one cigarette will not degrade your health overnight.
- Going on a walk will not improve your health in one day.
- Skipping dessert one time will not impact your weight.
- Writing for 30 minutes will not produce any body of work.

But...

- What if you were to smoke a cigarette every day for the next 3 years?
- What if you went on a brisk walk every day for the next 3 years?
- What if you wrote for half an hour every day for the next 3 years?

***“We do not decide our futures, we decide our habits.
And our habits decide our futures.”***

F.M. Alexander

Choose A Habit to Change Your Life

On the following pages (80 - 81) you are going to identify a single lifestyle practice or habit that you would like to incorporate into your life.

Pick one idea from the list of habit ideas you listed on the previous pages 76 - 77.

For each activity list the time commitment it will require or that you want to give it, and also list the frequency (since some lifestyle practices do not occur daily).

Then, fill in the value statement for that activity, giving the bigger context for why this activity is valuable to you and your desired outcomes in that area of your life.

(Sample) Physical

Engage in vigorous exercise that builds my strength and cardio	15 minutes	Daily
Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my physical health goal of being in excellent health and physical condition so that I can have energy and vibrancy to enjoy my days and be present for relationships.

because one of the most important factors to physical health and energy is regular movement and exercise. And so, if I can build a regular habit of exercise — even just 15 minutes a day — that is something that will serve me and help me for years to come.

Continue, by filling out the charts on the following pages...

Spiritual / Inner Personal

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my inner personal goal of _____

because _____

Physical

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my physical health goal of _____

because _____

Relationships

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my relationships goal of _____

because _____

Rest & Recreation

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my rest & recreational goal of _____

because _____

Career

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my career goal of _____

because _____

Finances

Habit / Routine / Lifestyle Practice	Time Commitment	Frequency

This activity will move me toward my financial goal of _____

because _____
