

Find
Happiness
in your
Habits

Workbook
Sampler



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Aha Moments

Write a long-term habit or goal in the bottom row. Then think backwards. When thinking of a habit you want to create, what's the easiest step you know to take? Write that first. Then keep building your staircase, one small, simple, strategic step at a time.

Easiest Step I Know to Take:

Hardest Step I Know to Take:

Flow of a Habit

After completing the Aha Moments work page, this path is to visualize your flow of your habit. I recommend using 2-3 phases and have provide a worksheet path for both.

Break your Aha Moments into phases. Think chunks of actions you can take to get to your ultimate goal. Be sure to identify a WHAT, WHEN + WHERE for each phase!

See example for Phase 1 below, then use the next two work pages for your own goals!

Ultimate Longer Term Habit: I will drink at least half my body weight in ounces of water by June 1, 2020 every day when I am at home and/or at work.

PHASE 1:

By _____ (when/date), I will _____ (what),

In _____ (where/location).

PHASE 1 Example:

By May 1, 2020 (when/date), I will drink at least 30 ounces of water per day (what) while I am at home (where).

5 Year Brain Dump

Pick one heading from **Identity Statements** and brain down the goals you have related to that goal here based on what you can accomplish this year, in 3 years, and in 5 years.

PS: You can't get this wrong, just write what feels good, it can always be changed!

THIS YEAR (By the end of 2020)	3-year plan	5-year plan

Goal:

List here ANY steps you can think of to achieve
the goal listed above.





Thank You!

If you have any questions, please
don't hesitate to email me at
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message on social media!

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