



HABITS WORKSHEET

Adapted from [The Power of Focus](#) by Jack Canfield, this is an exercise that I use in my coaching practice with my clients, today. Here's my spin on it:

Step 1. Write out your goal, and pray about the next step.

Step 2. Clearly identify your bad or unproductive habits (as they relate to your goal).

Step 3. Define your successful habit (to move toward your goal).

Step 4. Create an action plan (steps that you know God wants for your path, or ones that are the next most-clear steps to move you toward your goal).

EXAMPLE –

Goal: My goal is to get more sleep.

Habit #1: The habit that is holding me back is scrolling through social media while in bed.

Consequence: The consequences of this habit are that I'm always tired and grumpy with my kids.

Success Habit: The NEW habit that I have is to charge my phone in the bathroom.

Benefits: The benefits of this habit is that I am getting enough sleep, and I have a better relationship with my kids!

Action Plan:

1. Move my phone charger to bathroom.
2. Set an alarm on my phone to remind me when to turn it off for sleep (10 pm).
3. Praise myself every morning for making a good choice when I wake up well-rested.