



THE LAUNCH PAD

FOR LIVING YOUR BEST LIFE

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Welcome! And How To Use This Launch Pad

This Launch Pad will arm you with the information you need to take charge of your habits and the resources to make a habit of the behaviors and activities that add the most value to your life.

While some of this information you have heard in my training videos, I wanted to make sure you had all the information in one place, so you can refer to it at any time.

****Action Step** Before our strategy session, complete the Pre-Assessment and has much of the My New Habit Worksheet and My New Habit Action Plan as possible. Email me the habit you want to focus on and your action plan for doing it.**

In the future, you can complete the My New Habit Worksheet and My New Habit Action Plan for any other habit you want to acquire.

Then, you'll find the tele seminar outlines. You'll use these to take notes. Studies show that people retain and apply more of the information if they write it down, and since, we are all about DOING, this format will give you a better opportunity to absorb this information.

Finally, we'll get to the post sessions where we'll examine your progress and make a plan for the future.

I hope you not only enjoy the Boot Camp but implement these strategies so that you are healthier, happier, and more productive. I know it's inside you, and I can't wait to see it expressed in the world!

Habits Vs Willpower

“A habit (or wont) is a routine of behavior that is repeated regularly and tends to occur unconsciously.” Wikipedia

What time did you wake up this morning? Did you pop right out of bed when the alarm clock went off or did you press snooze? What did you do next when you got out of bed- brush your teeth or make coffee? Likely, it was the same thing you did yesterday and the day before that. Think about how your whole morning unfolded and reflect on the things you do every morning that you don't even think about anymore. How about your drive to work. Do you remember grabbing your keys, walking to the car, starting it, putting the car in gear, and reversing out of your driveway? Did you think about driving to work and which streets to take, when to turn, or did you go the same way you go every morning?

Many of the actions you take during the day are actions that you take without even thinking about them. You've done them so many times that your brain goes into auto-pilot.

This makes sense for the brain. Relying on habit frees up your brain for other activities like talking with others, daydreaming, and checking email. A habit is a powerful tool for productivity, but it's a double edged sword. Because most of your day is filled with activities you're not consciously thinking about, new healthy habits are hard to start (because you have to keep thinking about them) and bad habits are hard to break (because you aren't actually thinking when you're doing them).

The truth is that you already know what you need to do. The problem is that it's not a habit. And until it's a habit, it's always going to be a struggle to do it on a regular basis. Whether it's exercising or eating right, spending more quality time with your friends and family, getting more done at work-- whatever it is you wish you did more often can happen when you have the right habits.

Willpower and motivation are not enough and will fail you over and over again. And it's not your fault. Willpower is a form of mental energy used to control thoughts, emotions, impulses, and performance. There's a big misconception out there in the world, that say's you just need more willpower, you just need to buckle down, be more tough, stick it out. But they couldn't be more wrong.

You can verify this on your own past experiences. Haven't there been times when you had no problem exerting your willpower? You could stop thinking about that delicious cookie. You could make yourself not grab that package of delicious cookies placed temptingly before you at the grocery check out lane. Sometimes, not eating that cookie is easy. But sometimes, it's not.

Think of willpower like the tank of gasoline in your car. Every time you drive your car, you use up gas and when the gas is gone, you can't drive anywhere. Willpower is the same way. You get 1 tank of willpower for everything. Every time you make a decision, every time you resist an impulse or desire, every time you choose the polite thing to say when you really wanted to let it out, every time you force yourself to answer that email that you don't want to answer, all of those hundreds of tiny decisions and actions you take every day, drain your tank of willpower. Sometimes, your willpower isn't there for you, because you've already used it up. And that tank has to be refilled.

Physical stress can drain your tank faster and keep you from refilling to its full capacity. Willpower needs glucose and sleep. So, if you're tired and hungry, you're running on fumes. And you know this, because at the end of a long day, it's so much harder to stick to your healthy eating goals, right? If you're hangry, how much more likely are you to snap at your spouse? Willpower is a mental trait fueled by your body.

Emotional stress also drains that willpower tank. If you're worried about something like money or your relationship, those thoughts will occur regularly in your brain causing you to exercise more willpower. Every time you pick up a thought and have to put it down, you're exercising will power. If you keep debating about what to do... How are you going to pay all your bills? what will happen if your employer/husband/mother-in-law does x? What will you do if you go to this party and they have food you know you shouldn't eat? Turning these situations over and over in your mind, drains that willpower tank faster. If you're really struggling with the temptation to do something you know you shouldn't do, each time you make the decision to not do it, makes it harder for you to avoid the temptation the next time.

That's why this course will focus on creating a habit out of the behaviors that will bring the most value and joy to your life.

The Right Habits

Be careful. You're going to be doing your new actions and new behaviors without thinking about them, so it's very important that you focus on building the right habits that will help you be healthy in body, mind, and spirit.

The right habits mean eating and exercising regularly, finding time for meditation and/or prayer regularly, and taking other actions that nurture and improve your physical, emotional, and spiritual health.

Many of these habits are about you taking care of you. That's because you are the foundation from which you give to others, so that foundation needs to be strong and solid. You must be generous with yourself and give yourself those things that are good for you and enhance your well-being. You must give to yourself freely, because you are worth taking care of. And you must be generous with yourself frequently.

Being generous with yourself means eating and exercising regularly, finding time for meditation and/or prayer regularly, and taking other actions that nurture and improve your physical, emotional, and spiritual health.

While taking care of yourself is critical, so is taking care of others. One of your deepest human needs is to make a contribution. At the end of your life, you're going to look back and ask, "Did my life matter?" And you can answer that question with a resounding "Yes!" when you make a positive impact on the world and improve the lives of others.

But in order to do that, you must be generous with others and help improve their physical, emotional, and spiritual conditions. You must be generous with the world and work to solve problems at their roots so that fewer people suffer in the future.

Your best life happens when you balance giving to yourself and giving to others, and there are 7 foundation habits, and when these become part of your life, you can rest assured that you will be happy with who you are and your contribution to the world.

That's why we'll focus on these 7 Fundamental Habits:

1. Physical Health
2. Mindfulness
3. Connect With Others
4. Connect With Yourself
5. Gratitude

6. Simplicity

7. Philanthropy

If you take care of your physical health, practice mindfulness, connect with others and yourself, express gratitude, practice simplicity, and give time and money to causes you care about, your life will naturally unfold as a generous life that is good for you and good for others, where you have deep relationships with family and friends, where you experience less stress and more peacefulness, and where you have more time and energy for what's important to you.

Pre-Assessment

Let's start with understanding where you're at. Rate each question on a scale from 1 to 10. 1 being strongly disagree and 10 being strongly agree. At the end of section, follow the instructions for finding your average score. You'll then map this number on the Habit Wheel.

Physical Health

_____ I have the energy I need to get through the day.

_____ I eat healthily.

_____ I exercise regularly.

_____ I am satisfied with my overall weight.

_____ I am satisfied with my overall health.

_____ I fall asleep quickly, stay asleep, and wake up in the morning feeling refreshed.

_____ Total

_____ Average (Divide total by 6)

Mindfulness

_____ I effectively manage my stress.

_____ I maintain mental focus throughout the day.

_____ I am comfortable with my own emotions even if they are strong or unpleasant.

_____ I am comfortable with other people's emotions even if they are strong or unpleasant.

_____ I give other people my full attention.

_____ I have a daily mindfulness or meditation practice.

_____ Total

_____ Average (Divide total by 6)

Connecting With Others

_____ I have at least one deep friendship.

_____ I have a strong relationship with all of my children.

_____ My relationship with my significant other meets my emotional and physical needs.

_____ I have an active social life.

_____ When I have a conflict with a friend or family member, we are able to resolve it in a healthy way.

_____ I contribute to my family, my coworkers, my community, and the world in meaningful ways.

_____ Total

_____ Average (Divide total by 6)

Connecting With Self

_____ I have hobbies and interests that I enjoy doing.

_____ I have regular time set aside just for me.

_____ I invest in resources that help me care of my physical, mental, emotional, and spiritual life.

_____ I feel worthy and capable.

_____ I am happy with the person I am now and the person I am becoming.

_____ I am clear on my purpose and the meaning of my life.

_____ Total

_____ Average (Divide total by 6)

Gratitude

- _____ I notice when objects or events make my life better.
- _____ When times are tough, I remember how much I have.
- _____ I notice when other people do things that make my life better.
- _____ I express my gratitude to my family, coworkers, and strangers.
- _____ I have a lot to be grateful for.
- _____ I take pleasure in simple moments, actions, and experiences.
- _____ Total
- _____ Average (Divide total by 6)

Simplicity

- _____ I never feel overwhelmed.
- _____ I'm never too busy for the things that are important to me.
- _____ My home is clean and clutter free.
- _____ I spend time in nature.
- _____ I never buy impulse or unneeded items.
- _____ Total
- _____ Average (Divide total by 5)

Philanthropy

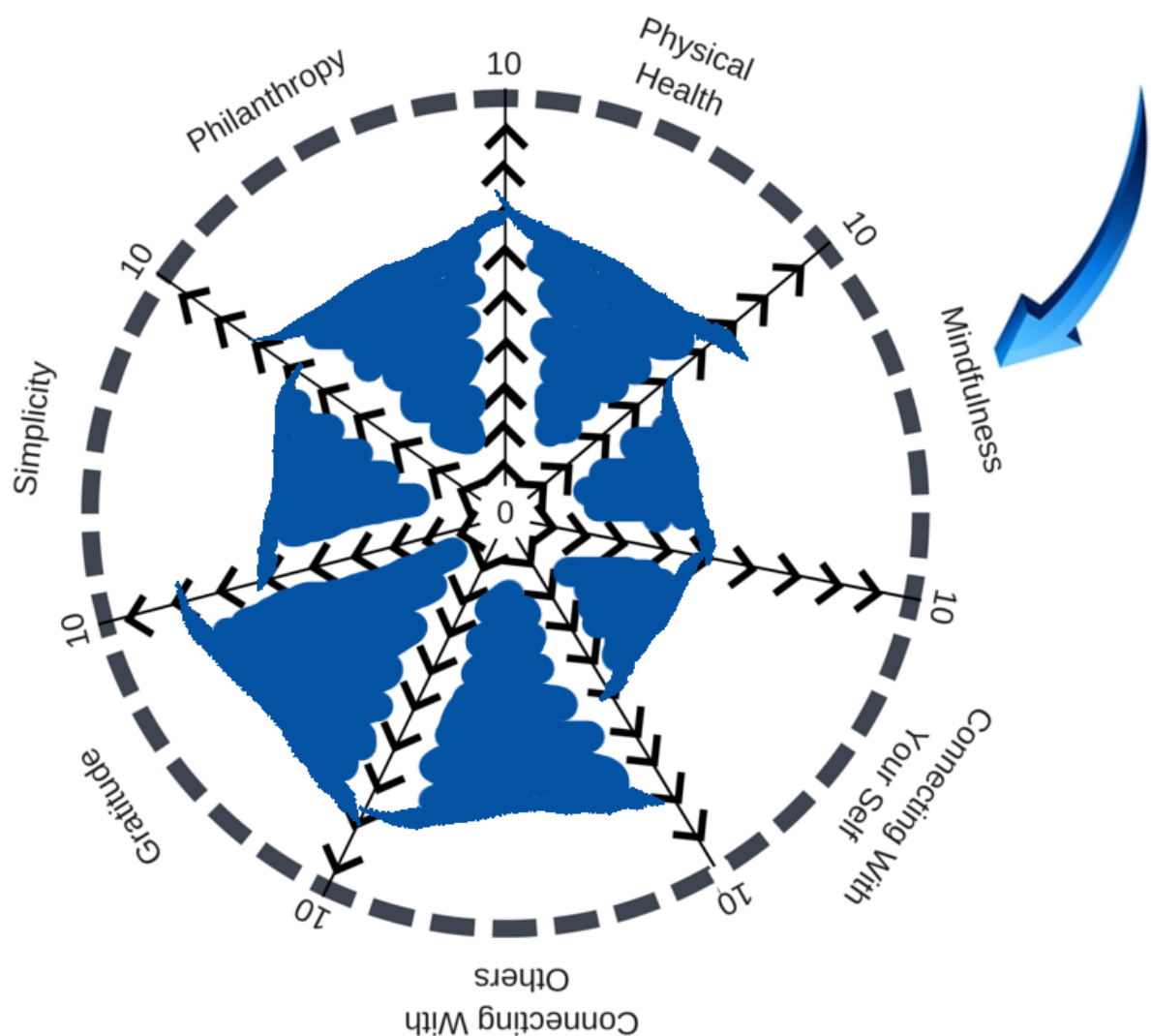
- _____ I volunteer as frequently as I think I should.
- _____ I donate as much money as I think I should.
- _____ I am clear on the types of causes I support.

____ I am comfortable saying no when someone asks for time or money that I don't want to give.

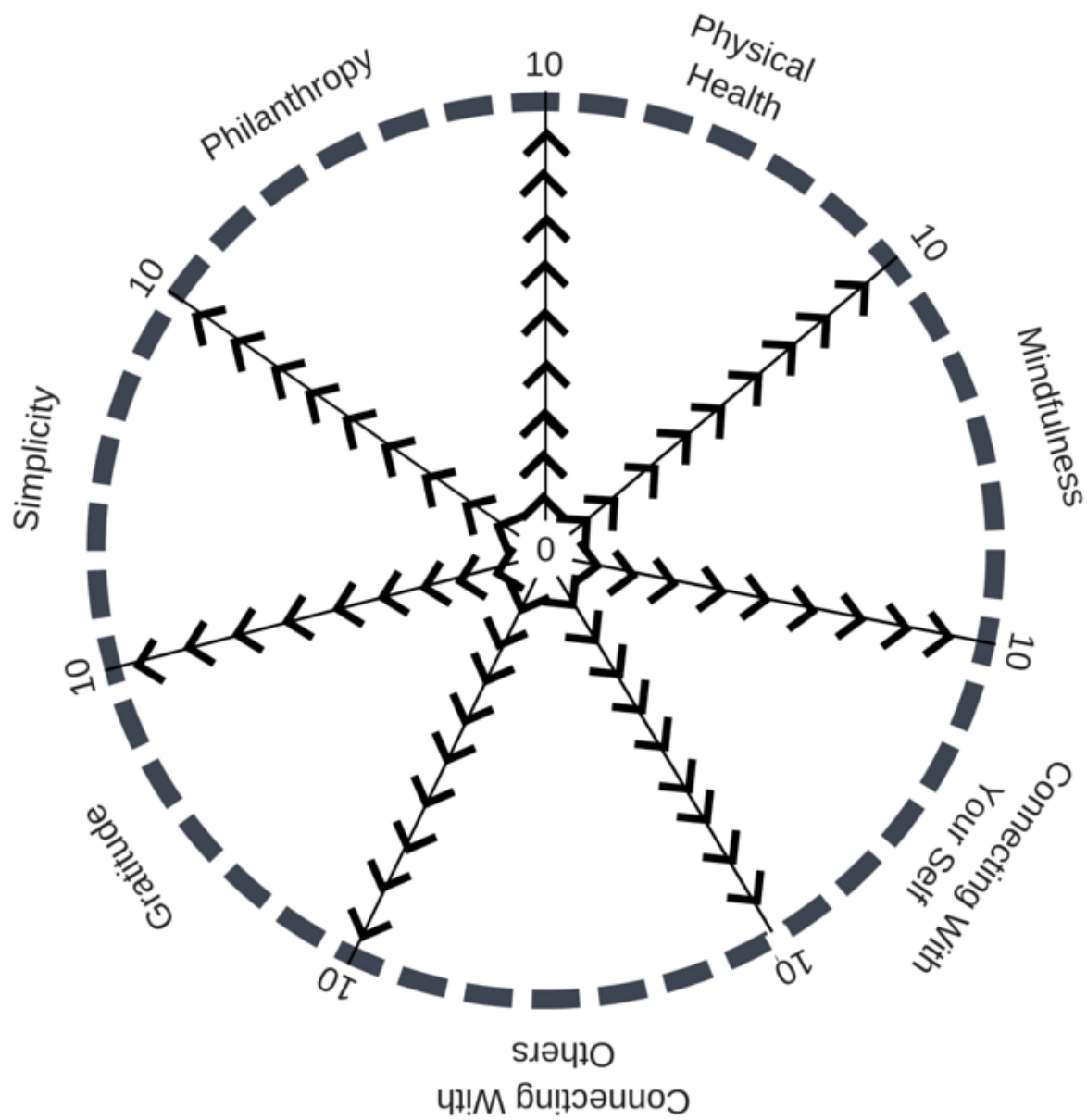
____ Total

____ Average (Divide total by 4)

Now take the Average Score and plot it on the Habit Wheel. As you reflect on your completed Habit Wheel, notice the areas that are lowest as it may be the area you need to focus on first. If you have multiple low areas, ask yourself, "Which habit would make a difference in the most areas?" For example, in the completed Habit Wheel below, a mindful eating habit could improve not only "Mindfulness", but also "Connecting With Yourself" because it may help you connect more with your feelings about food, "Physical Health" because it can reduce unhealthy eating habits, and "Gratitude" because you may appreciate the food you are eating more.



Your Habit Wheel



5 Step Habit Creation Process

You can know all the right things to do, but if you're relying on willpower and motivation to make it happen, you're going to fail over and over again, and that's why you want to follow this 5 step process to create a habit, so you can stop thinking about what you need to do and start doing it!

Here's a review of the 5 Step Process. The My New Habit Worksheet and My New Habit Action Plan will help you apply this information.

Step 1: Piggyback on an Existing Trigger

A trigger is what lets you know that it's time to start a particular action. For example, your alarm clock is a trigger that lets you know it's time to do something. Now what the something is for you depends on your habits. Did you pop right out of bed when the alarm clock went off or did you press snooze? What did you do next when you got out of bed- brush your teeth or make coffee? What do you do right after you brush your teeth? What do you do right after you shower? get dressed? eat breakfast? leave the house? Your whole morning is a series of habits, each one triggering the next.

Successfully creating a new habit begins with understanding your existing habits. Write out your morning, lunch, and after work routines. What happens when? What do you do next?

Once you're aware of all your triggers, you can begin to hack into your brain and use it to your advantage. When you want to create a new habit, look through these routines, to find a place where this new habit will fit. What will become the trigger, i.e. what will happen right before your new habit? For example, brushing your teeth can be a trigger for taking a vitamin or taking off your work shoes can be a trigger for putting on your workout shoes. So, the first step is to choose a trigger for your new habit.

Step 2: Choose A Reward

You get a reward for completing any habit. It might be the jolt of caffeine from your morning cup of coffee or releasing stress from an after work cocktail. Unfortunately, the rewards of a new healthy habit are often long-term. Exercising will lead to better health, better sleep, better sex, more energy, etc. BUT you won't feel those results for some time, and will power is not sufficient to make you do something you don't like for very long. Instead, unlock your brain's motivation by finding a reward that motivates you right now. Maybe a small piece of chocolate or a gourmet coffee at the end of your exercise session would motivate you. Eventually, you'll stop needing that reward because it will be replaced by the long-term rewards of exercising. Right now, if it takes a little piece of chocolate to get you to exercise, so be it. Rewards do not have to be food related. You might find it rewarding to call a friend after exercising or to listen to a favorite song, or take a long shower. What motivates you?

One pitfall to avoid with rewards is choosing an end of the line reward. For example, if I workout for 2 months or if I lose 15 pounds, then I get a new pair of shoes (or what ever is motivating to you). If your reward ends before the habit takes hold, you can find it hard to continue the activity. And this one of the reasons why people lose 15 pounds, get their reward, go right back to their old behaviors and put 20 pounds back on. Make sure that your rewards keep going. Preferably, they're cheap, easy, and healthy at the end of the action, or several on-going long-term rewards that keep you doing the desired action.

Finding the right trigger and the right reward can be a little more of an art than a science. It's about experimenting until you discover what works for you. When is really a good time to incorporate this new action. What is really a reward that will keep you going?

Step 3: Plan for success by planning for failure

Creating a new habit can be challenging, and the best laid plans will falter as life unfolds on a daily basis.

Challenges can be external. A hectic and inflexible work schedule, your boss demanding overtime, a friend in crisis, car accidents, these can all throw off your habit creation game.

The challenges can come from within the family. Your kids, spouse, parents can actually be incredibly unsupportive. Sometimes not intentionally but they might feel insecure. "What if you get thin and decide to leave me?" They could they feel criticized and defensive. "What's wrong with the way we're living our lives? Aren't we happy?" They may be afraid to fail. "I've tried getting healthy before. I just can't do it." As a result, they can undermine your efforts to make positive changes in your life.

Challenges can be internal. What obstacles will you put up in your own way? What are you afraid will happen if you accomplish your goal? What rationalizations will you give yourself about why you don't have to do whatever you have to do today?

Challenges will happen. Plan accordingly. What will you do when you encounter a family challenge? If the kids are up early, could you turn your morning exercise into a dance party? What excuses will you make about why you don't have to exercise today? What if you made a plan that said if you really don't want to exercise, you're just going to do 1 minute of exercise. Anticipate problems and plan for their solutions.

And create a success plan. What do you need and where do you need it? For example, sleep in your workout clothes and put your running shoes next to the bed. Remove temptations like not having potato chips in the house. Make it easy for you to do your habit and hard to do the stuff you don't want to do so you have a greater chance at success.

Step 4: Start Small

The secret to successfully creating a habit is to start it with a small first step you CAN do. Make it so easy, you can't not do it.

If you want to be healthy, but walking around the block is difficult, your first step isn't to start running. Instead, walk around the block until you can walk it twice. If you're trying to exercise regularly, just start with one minute.

In the beginning, it's not about getting physically healthy, it's about creating the exercise habit. In the beginning, can you do 1 minute of exercise? Absolutely! Anyone can. Every day. No excuses. So, just do that 1 minute. And build slowly. Once you have the exercise habit, you don't have to rely on your willpower to decide to exercise. You're just going to exercise, because that's what you do. Once you're exercising, the decision becomes how long to exercise, and that's a much easier decision to make.

Step 5: Do it Often.

How long does it take to create a new habit? Common wisdom suggests 21 days or 30 days. After tracking 96 participants in creating a habit of their choosing, University College London researchers observed that some habits were established in as little as 18 days, but many habits took even longer than the length of the study to establish—some even as long as 254 days.

The plain truth is that how long it takes YOU to create a new habit depends on you, on the habit you're trying to form, on your motivation for starting it, how much pleasure you get from it, how much support you get from friends and family, and probably a host of other factors. Sometimes you'll find it easy. But many people find exercise and meditation habits especially difficult to establish. Be patient.

Do your new SMALL action as often as possible, every work day or every Saturday until it becomes something you don't have to think about.

You'll be getting an email each day for 60 days to remind you to complete your habit. Keep taking that small step every day, and eventually you'll achieve your goal.

My New Habit Worksheet

What is my current morning routine? What happens when? What happens next?

What is my ideal morning routine?

What is my current lunch routine? What happens when? What happens next?

What is my ideal lunch routine?

What is my current after work routine? What happens when? What happens next?

What is my ideal after work routine?

What is my current end of day routine? What happens when? What happens next?

What is my ideal end of day routine?

Take a look through your ideal routines, are you adding too many items? Are these reasonable given your time restrictions? Do these really add value to your life? Do items need to be eliminated or moved to different times of the day?

What new habit am I going to create? Just choose one.

Why is it important that I create this habit? What will I gain? What will I lose if I don't do it?

Where in my day will I add this new habit, aka, what is my trigger?

How will I reward myself when I do this habit?

What obstacles will I face in establishing this habit? Who will support me? Who won't? How will I do it without their support? What do I need and where do I need it to give myself the best chance of following through on my new habit? How might I talk myself out of my best intentions? How will I handle those thoughts? What situations might cause me problems? Where can I place reminders of my new habit?

What is one simple step I can take without fail or excuse as I begin to make this a habit?

My New Habit Action Plan

My new habit is....

The small step I am taking to make this a habit is...

I will perform this habit every...

I will perform this habit right after...

My reward will be...

If I encounter (insert obstacle here), my plan is...

To set myself up for success, I will...

Teleseminar Notes

Habit 1: Physical Health

Post Pre

_____ _____ I have the energy I need to get through the day.

_____ _____ I eat healthily.

_____ _____ I exercise regularly.

_____ _____ I am satisfied with my overall weight.

_____ _____ I am satisfied with my overall health.

_____ _____ I fall asleep quickly, stay asleep, and wake up in the morning feeling refreshed.

_____ Total

_____ Average (Divide total by 6) Update your wheel if necessary.

Describe the current state of your physical health. Identify physical challenges or limitations you have and how they have impacted your health. Identify actions you can take despite these challenges and limitations.

What does good physical health mean to you. Provide 3-5 completions to the sentence, "I am healthy when..."

Write about your feelings about your weight. Do you think you're too heavy? Too thin? Just right? What is your ideal weight? What do you feel your weight says about you? Is that true? Who are you besides your weight?

A healthy attitude about my weight would be

Healthy exercise habits

Healthy eating habits

Healthy sleeping habits

Write your vision of your physical health

Why is taking better care of your health important to you?

If you take better care of your health, how will other people benefit?

What is the habit that would make the biggest improvement to your physical health?

Creating physical health habits

Habit 2: Mindfulness

Post Pre

_____ _____ I effectively manage my stress.

_____ _____ I maintain mental focus throughout the day.

_____ _____ I am comfortable with my own emotions even if they are strong or unpleasant.

_____ _____ I am comfortable with other people's emotions even if they are strong or unpleasant.

_____ _____ I give other people my full attention.

_____ _____ I have a daily mindfulness or meditation practice.

_____ Total

_____ Average (Divide total by 6) Update your wheel if necessary.

Mindfulness is

Mindfulness examples

Meditation types

A trigger is

Describe your vision for being more mindful in my daily life is

Why is being more mindful important to you?

If you are more mindful, how will other people benefit?

What habit would make the biggest improvement to being more mindful?

Creating mindfulness habits

Habit 3: Connect With Others

Post Pre

_____ _____ I have at least one deep friendship.

_____ _____ I have a strong relationship with all of my children.

_____ _____ My relationship with my significant other meets my emotional and physical needs.

_____ _____ I have an active social life.

_____ _____ When I have a conflict with a friend or family member, we are able to resolve it in a healthy way.

_____ I contribute to my family, my coworkers, my community, and the world in meaningful ways.

_____ Total

_____ Average (Divide total by 6) Update your wheel if necessary

The benefits of connecting with others

The risks of not connecting with others

The definition of connecting with others

Why are boundaries are important?

Are you violating other people's boundaries?

Strategies for introverts

Strategies for dealing with my family

Relationship habits

The importance of surprise

Who would like to have a stronger connection with in your life?

What is already good about your relationship with that person? In what ways do they draw sustenance strength from you?

What would you like to improve about your relationship with this person?

Describe your vision for having more connection with others.

Connecting with others is important to you, because

If you improve your ability to connect with others, how will other people benefit?

What habit that would make the biggest improvement in my connection with others?

Creating relationship habits

Habit 4: Connect With Yourself

Post Pre

_____ _____ I have hobbies and interests that I enjoy doing.

_____ _____ I have regular time set aside just for me.

_____ _____ I invest in resources that help me care of my physical, mental, emotional, and spiritual life.

_____ _____ I feel worthy and capable.

_____ _____ I am happy with the person I am now and the person I am becoming.

_____ _____ I am clear on my purpose and the meaning of my life.

____ Total

____ Average (Divide total by 6) Update your wheel if necessary

Connecting with yourself means

Describe your personal boundaries

Maintaining personal boundaries

A strong internal locus of control

What in your life feels out of control? What do you have control over in that situation?
What actions could you take to exercise some control over it.

Self-Esteem

Self-confidence

5 things you are good at. 5 things you like about yourself. 5 past actions you're proud of.

Mirror Exercise

Begin with the end in mind. Write a short eulogy.

Body language

Desire

Write at least 5 answers to the following sentences. I desire to have... I desire to achieve... I desire to be...

Pride

Write at least 5 answers for these three sentences. I am proud that I have created... I am proud that I have achieved... I am proud that I am...

Anger

Write about something that makes you angry

Your sexuality

Write about what makes you feel sexy. What turns you on? What do you find sexy in others?

What parts of yourself are easy for you accept and love?

What parts of yourself are more difficult for you to accept and love?

Alter egos

Identify your The Board Room (aka, when you want to be powerful), The Bed Room (aka when you want to be sexy), The Ball Room (aka when you want to be elegant and sophisticated), The Hospital Room (aka when you need to be nurturing and supportive). Give them a name.

Role models

List some of your roles models

Self-Connection habits

Why is connecting with yourself is important to you?

If you have a better connection with yourself, how will other people be affected?

The habit that would make the biggest improvement in your connection with yourself

Creating self-connection habits

Habit 5: Gratitude

Post Pre

_____ I notice when objects or events make my life better.

_____ When times are tough, I remember how much I have.

_____ I notice when other people do things that make my life better.

_____ I express my gratitude to my family, coworkers, and strangers.

_____ I have a lot to be grateful for.

_____ I take pleasure in simple moments, actions, and experiences.

____ ____ Total

____ ____ Average (Divide total by 6) Update your wheel if necessary

Gratitude is

Benefits of gratitude

Random Acts of Kindness

Simple Pleasures

Trauma

Self Care

Gratitude habits

Happiness habits

Describe your vision for feeling and expressing more gratitude in your life

If you are more grateful, how will that affect your life?

If you are more grateful, how will other people be affected?

What is the gratitude habit that would make the biggest difference in your life?

Creating gratitude and happiness habits

Rewards are

Rewards examples

Rewards that motivate you

Habit 6: Simplicity

Post Pre

_____ _____ I never feel overwhelmed.

_____ _____ I'm never too busy for the things that are important to me.

_____ _____ My home is clean and clutter free.

_____ _____ I spend time in nature.

_____ _____ I never buy impulse or unneeded items.

_____ _____ Total

_____ _____ Average (Divide total by 5). Update your wheel if necessary.

The 4 areas of simplicity are

Simplicity is important, because

Using routines

Routines habits

Your top 4-5 priorities

List all your commitments

Compare your commitments to your priorities

Describe a vision for a simpler life

Productivity habits

What habit would increase your productivity the most?

Home simplicity habits

What habit that would simplify you home life the most?

Creating Simplicity Habits

Why is living a simpler life important to you?

If you live a simpler life, how will other people be affected?

Habit 7: Philanthropy

Post Pre

_____ _____ I volunteer as frequently as I think I should.

_____ _____ I donate as much money as I think I should.

_____ _____ I am clear on the types of causes I support.

_____ _____ I am comfortable saying no when someone asks for time or money that I don't want to give.

_____ _____ Total

_____ _____ Average (Divide total by 4)

Philanthropy is

Give time vs money

Benefits of giving time

How do you feel when someone asks you for your time?

Ways you can give time

How much do you currently give on a monthly basis?

How much time would you like to give on a monthly basis?

Benefits of giving time money

How do you feel when someone asks you to give money?

How much are you currently giving on a monthly basis?

Why is giving your time and money to causes you care about important to you?

If you give your time and money to great causes, how will other people be affected?

List three causes you feel passionate about.

My monthly disposable income is

How much would you like to give on a monthly basis?

Create your donation plan

How to say no to donation requests

Choosing good charities

A giving circle

Check out Change Gangs: Virtual Giving Circles (www.changegangs.com) where we make philanthropy an easy, fun, and effective habit.

Putting It All Together

List all the habits in all the different sections that you want to incorporate into your own life

Prioritize your desired habits. What 3 will make the biggest difference in your life? Why?

Which one is most important? Why? Use the My New Habit Worksheet to come up with a plan for implementing it.

What behaviors are you better at since starting the course?

Post Assessment

Let's start with understanding where you're at. Rate each question on a scale from 1 to 10. 1 being strongly disagree and 10 being strongly agree. At the end of section, follow the instructions for finding your average score. You'll then map this number on the Habit Wheel.

Physical Health

_____ I have the energy I need to get through the day.

_____ I eat healthily.

_____ I exercise regularly.

_____ I am satisfied with my overall weight.

_____ I am satisfied with my overall health.

_____ I fall asleep quickly, stay asleep, and wake up in the morning feeling refreshed.

_____ Total

_____ Average (Divide total by 6)

Mindfulness

_____ I effectively manage my stress.

_____ I maintain mental focus throughout the day.

_____ I am comfortable with my own emotions even if they are strong or unpleasant.

_____ I am comfortable with other people's emotions even if they are strong or unpleasant.

_____ I give other people my full attention.

_____ I have a daily mindfulness or meditation practice.

_____ Total

_____ Average (Divide total by 6)

Connecting With Others

_____ I have at least one deep friendship.

_____ I have a strong relationship with all of my children.

_____ My relationship with my significant other meets my emotional and physical needs.

_____ I have an active social life.

_____ When I have a conflict with a friend or family member, we are able to resolve it in a healthy way.

_____ I contribute to my family, my coworkers, my community, and the world in meaningful ways.

_____ Total

_____ Average (Divide total by 6)

Connecting With Self

_____ I have hobbies and interests that I enjoy doing.

_____ I have regular time set aside just for me.

_____ I invest in resources that help me care of my physical, mental, emotional, and spiritual life.

_____ I feel worthy and capable.

_____ I am happy with the person I am now and the person I am becoming.

_____ I am clear on my purpose and the meaning of my life.

_____ Total

_____ Average (Divide total by 6)

Gratitude

- _____ I notice when objects or events make my life better.
- _____ When times are tough, I remember how much I have.
- _____ I notice when other people do things that make my life better.
- _____ I express my gratitude to my family, coworkers, and strangers.
- _____ I have a lot to be grateful for.
- _____ I take pleasure in simple moments, actions, and experiences.
- _____ Total
- _____ Average (Divide total by 6)

Simplicity

- _____ I never feel overwhelmed.
- _____ I'm never too busy for the things that are important to me.
- _____ My home is clean and clutter free.
- _____ I spend time in nature.
- _____ I never buy impulse or unneeded items.
- _____ Total
- _____ Average (Divide total by 5)

Philanthropy

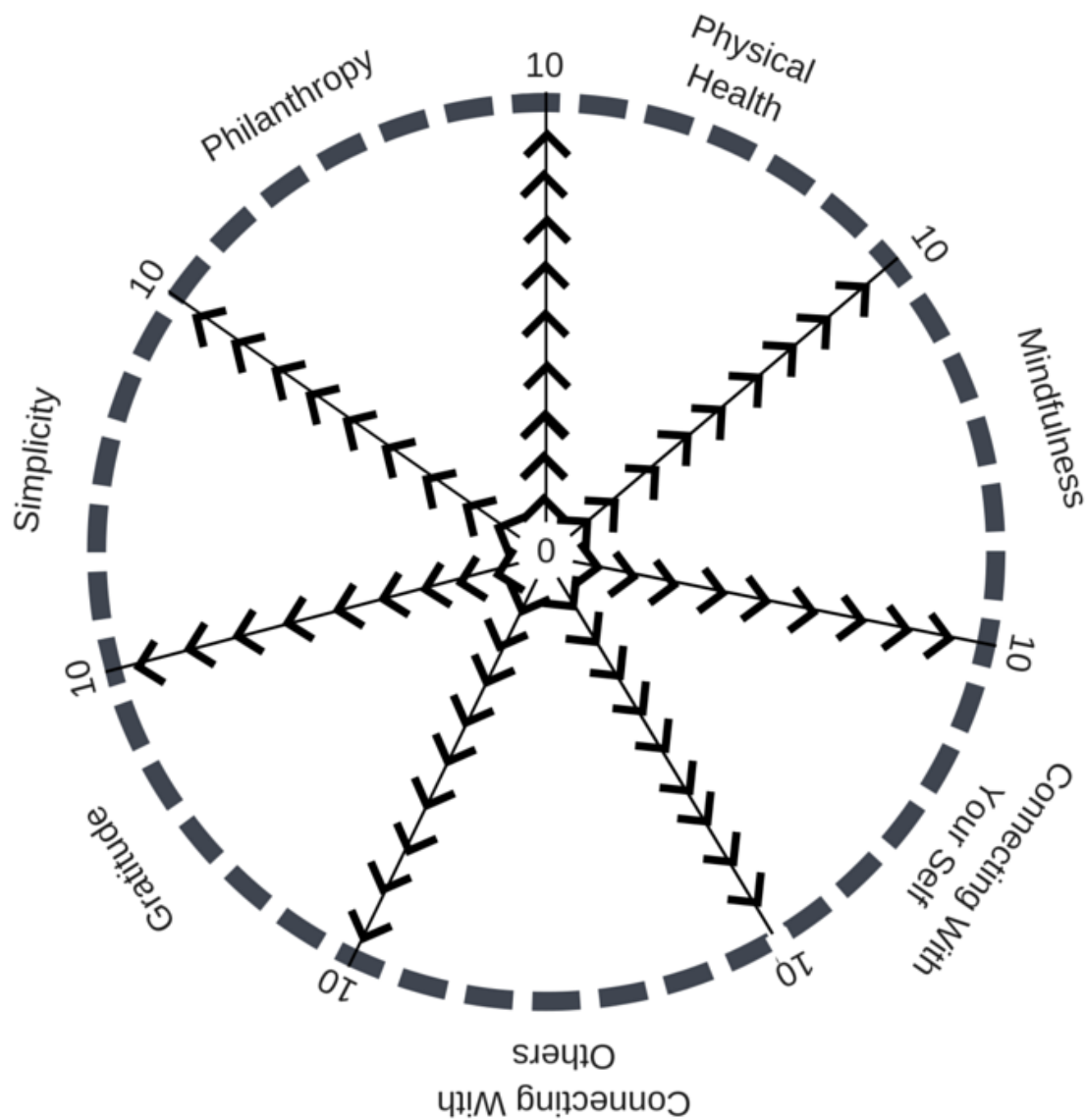
- _____ I volunteer as frequently as I think I should.
- _____ I donate as much money as I think I should.
- _____ I am clear on the types of causes I support.

____ I am comfortable saying no when someone asks for time or money that I don't want to give.

____ Total

____ Average (Divide total by 4)

Now take the Average Scores and plot it on the Habit Wheel. As you reflect on your Post Boot Camp Habit Wheel, where have you improved? Where is your next biggest area for improvement?



Monthly Check In

What did I do last month that I'm proud of?

Are my relationships with others improving or deteriorating?

What do I need to do less of/quit/get rid of/delegate this month?

What experiments did I try? lessons did I learn? is going well?

What isn't working, and what do I want to change? Why?

Habit to focus on next month...

The small step I am taking to make this a habit is...

I will perform this habit every...

I will perform this habit right after...

My reward will be...

If I encounter (insert obstacle here), my plan is...

To set myself up for success, I will...

Bonus Seminar: Bad Habits

A habit is made up of 3 parts.

The secret to breaking a bad habit

Step 1: What is the trigger?

Step 2: What is the reward?

Step 3: Design a new healthy routine

Step 4: Experiment

Examples

The Bad Habit Buster Worksheet

What bad habit am I going to change? Just choose one.

Why is important that I change this habit? What is it costing me? What will happen if I don't change it? Who is it hurting and how? What will changing it do for me?

What is the trigger for this habit? When do I do this habit? Where do I do it? Who else is around? What action preceded the urge? What was I thinking or feeling physically and emotionally right before I engaged in the bad habit?

Why do I do this habit? What is my reward? What do I get out of it? What three words come to mind when I think about why I just did this?

What is my new healthy routine? Refer to the My New Healthy Habit Worksheet for more guidance on creating a new routine.

How will I make it harder for me to do my bad habit? What temptations can I remove or avoid?
