CHANGE YOUR HABITS
PROGRAM WORKBOOK
WELCOME!

You are taking a big step in creating forward movement for your life! Change Your Habits will show you how to work toward what you are wanting by getting real with yourself and using pain and pleasure to your advantage. Use this workbook to follow along during the weekly webinars, practice what you are learning, and write down your thoughts.

HOW TO COMPLETE CHANGE YOUR HABITS:

» Complete all six weekly webinars via live sessions or recordings.

» Complete the survey that is sent after each session.

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GET YOUR MIND RIGHT

WHERE TO START
» What is your truth? Get real and be honest with yourself.
» How do you rationalize the way things currently are?
» What are your reasons for wanting to make change happen?

GET RID OF EXCUSES
Excuses and stories are the only things holding you back. What or who are you blaming? What stories are you telling yourself?

IDENTIFY WHAT YOU REALLY WANT TO CREATE
How do you want these six weeks to go?

THIS IS THE TIME TO:
» Choose
» Commit
» Create

KNOW WHAT YOU WANT
WEEK1

ACTION STEPS:
» Identify what you want in your life.
» Get rid of excuses. Write down your old excuses and see them for what they are.
» Now cross them out!

TWO THINGS YOU ARE COMMITTED TO THIS WEEK:
1. ____________________________
2. ____________________________

JOURNALING OPPORTUNITY:
Why is this time going to be different? Get disturbed by how things currently are. What is it that I really want?
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__________________________________________________________________________________
__________________________________________________________________________________
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__________________________________________________________________________________
KNOW WHAT YOU WANT

WHAT HAS GONE WELL?
1. 
2. 
3. 

In order to create movement, you have to know where you are going. You can’t get to Palm Springs from Seattle if you don’t know where Palm Springs is located. You also need to know what it looks like to know you have arrived!

CREATE A S.M.A.R.T. GOAL

S  
M  
A  
R  
T  

This likely isn’t the first time you’ve set out to change your life. Why is this time different?

Think of five reasons this is important to you.
1. 
2. 
3. 
4. 
5. 

Good news — there isn’t one right way. Your reasons to change will be unique to you. Find a way to create those reasons!

How can you create a supportive environment? What are three things you can do?
1. 
2. 
3. 
WEEK 2

ACTION STEPS:
» Create your S.M.A.R.T. goal.
» Add this to your road map, and remember to include checkpoints where you can reassess your goal.
» Write down the two things you are committed to this week.
» Post your goal in three different places.

TWO THINGS YOU ARE COMMITTED TO THIS WEEK:
1. 
2. 

JOURNALING OPPORTUNITY:
Use this workbook to create a goal and complete a road map. These questions can guide the goal-making process:
» What is it that I am wanting to change?
» What’s going to be important to me as I move toward that goal?
KEEP IT SIMPLE

WHAT HAS GONE WELL?
1. 
2. 
3. 

BE COURAGEOUS: What are you putting off out of fear? Write it down here. It may help to first identify your “safe” problem, and then decide what your next steps are.

TINY HABITS: What is one Tiny Habit you can start? Consider your motivation, your ability, and what will trigger the action.

THINK 1% BETTER: What does 1% better each day look like for you in 1 year? What is your 1% better for today?
WEEK 3

ACTION STEPS:
» Identify your “safe” problems.
» Create a Tiny Habit.
» Consider what your 1% is. How will you make today a little better than yesterday?

TWO THINGS YOU ARE COMMITTED TO THIS WEEK:
1. ____________________________________________
2. ____________________________________________

JOURNALING OPPORTUNITY:
Envision living life with the mindset of being 1% better and creating a Tiny Habit. What can I see happening?

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Re-evaluate these changes weekly and continue to set attainable, actionable goals.
BEHAVIORS AND HABITS

WHAT HAS GONE WELL?
1. 
2. 
3. 

40% of our activities on any given day are simply habits. This means that we don’t consciously choose 40% of the actions that happen in our day. To ensure that you are getting the most out of these unconscious decisions, make sure the habits you have are supporting you in a positive way.

YOU CAN’T EXTINGUISH A BAD HABIT. YOU CAN ONLY CHANGE IT.

HOW IT WORKS: Use the same cue. Provide the same reward. Change the routine.
**WEEK 4**

**CHANGING A HABIT**

Step 1: Identify a habit you would like to change.

__________________________________________________________________________

Step 2: What are you getting out of it?

__________________________________________________________________________

Step 3: Isolate the trigger. What prompts the behavior?

» Where are you? __________________________________________________________________

» What time is it? __________________________________________________________________

» What’s your emotional state? __________________________________________________________________

» Who else is around? __________________________________________________________________

» What action preceded the urge? __________________________________________________________________

What are three things you can do instead?

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________
**ACTION STEPS:**
» Identify a habit you would like to change.
» Follow the steps outlined in this workbook to create a new Habit Loop. Identify three alternative routines or actions that you can do instead of your current routine.

**TWO THINGS YOU ARE COMMITTED TO THIS WEEK:**
1. 
2. 

**JOURNALING OPPORTUNITY:**
Identify three behaviors I would like to change. How have these behaviors affected my life? Considering what I am wanting, in an ideal world, what would these behaviors look like? What needs to happen for me to make these changes?
PAIN AND PLEASURE
WHY YOU DO WHAT YOU DO

WHAT HAS GONE WELL?
1. 
2. 
3. 

PAIN VS. PLEASURE
The Pleasure Principle is founded on the idea that life is to be lived to the fullest and pleasure is innately sought as a primary goal. Conversely, the Pain Principle states that human beings innately seek to avoid pain.

USE PAIN AND PLEASURE TO WORK FOR YOU

MOST PEOPLE WAIT TO HIT ROCK BOTTOM = PAIN
» We will do far more to avoid pain than we will to gain pleasure
» This makes change an immediate must
» Works, but it’s painful
» Not sustainable - pushed from behind (“stick”)

COME UP WITH A COMPELLING VISION = PLEASURE
» Why is what you want important to you?
» Think of the end game
» What is it that really makes you happy?
» Pulled from the future (“carrot”)

Step 1: Identify a disempowering association.

Step 2: Use your focus.

Step 3: Change your thinking.

Step 4: Change your action.

PRACTICE, PRACTICE, PRACTICE!
Your brain LOVES to be rewarded — give yourself the credit you deserve!
ACTION STEPS:
Throughout the week, practice becoming aware of your decisions. Can you change your thinking to focus on the long-term pleasure? Practice associating pain with behaviors that don’t move you toward your goal.

TWO THINGS YOU ARE COMMITTED TO THIS WEEK:
1. _____________________________________________________________
2. _____________________________________________________________

JOURNALING OPPORTUNITY:
How can I use pain and pleasure to move toward my goal?

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CELEBRATE SUCCESS AND BUILD MOMENTUM

WHAT HAS GONE WELL?

1. _____________________________
2. _____________________________
3. _____________________________

PERSISTENCE PAYS OFF

Focus is your number one goal, because whatever you focus on, you can achieve. Your mind and body will not allow for anything else. What have you been focusing on lately? What is your life like because of it?

DANCE WITH FEAR

Fear is how you know you’re growing and stepping outside of comfort zones. So get excited to feel fear. Embrace it. Dance with it, even! Think of a time when you were so excited or pumped up that you were nearly out of your mind. Now think of a time when you were so scared you almost made yourself sick. What’s the difference?

CELEBRATE FAILURE!

Learn from your failures. Once you train your mind to embrace failure and see it as education, you take your power back.

FAILURE = EDUCATION

Think of one area in your life where you failed. What if you were able to change the meaning of that failure? What if you could reframe it and see what lesson there was to learn?

CELEBRATE SUCCESS!

Pat yourself on the back — you’ve come a long way. And notice that feeling of being rewarded. Your body and brain like it! Success is built upon past successes, so celebrate those successes to create more of them. If things haven’t gone the way you wanted, what needs to change?
WEEK 6

ACTION STEPS:
» Consider what you have been focusing on lately. Is it time to change your focus?
» Reflect on an area where you have failed. What has this failure taught you?
» Acknowledge your wins and celebrate yourself!
» Write down two things you are committed to this week.

TWO THINGS YOU ARE COMMITTED TO THIS WEEK:
1. 
2. 

JOURNALING OPPORTUNITY:
Reflect on the last six weeks and acknowledge the movement created. This is me, living my life intentionally. Take pride in those accomplishments. Note what is different now. What has changed in the last two months? How is my life different?

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CONGRATULATIONS!

You have completed Change Your Habits! Finishing a six-week program is no small feat — you’ve already taken more action to make your life a priority than most people. Celebrate that accomplishment!

The road doesn’t stop here, however: It has only just begun. Persistence pays off, and using the tools you’ve learned during these six weeks will help you continue your success in all aspects of life.

Keep up the amazing work you’ve started. Think of the momentum you’ve created. Use it to ignite your life and bring fire to your world!

If you have questions, or if you’d like to start working with a coach one-on-one, please email coaching@adurolife.com.