



HABIT CREATION WORKSHEET

1.) What behavior would you like to modify? _____

2.) Look at where you're starting and where you'd eventually like to be.

a. _____

b. _____

c. _____

3.) Do I respond better to internal demands or external demands?
or do I respond the same to both? (Circle all that apply)

Internal

External

4.) Develop a Plan

a.) What strategies will I put in place?

b.) How will you measure your progress? Quantify this!

c.) Do I need outside accountability? Y/N

If yes, where can I get this accountability?



5.) Check In Date: _____

EXTRA CREDIT

(Leave a comment, or send us an email to info@wholefoodlove.com)

Tell us

1. What behavior you are changing
2. Whether you respond to internal or external demands (or both)
3. Where you will find your accountability