

CREATING NEW HABITS TO SUPPORT YOUR BRILLIANCE, RESILIENCE, ENERGY, AND FOCUS

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1. Pick a goal you can achieve, one you are psyched to achieve, and you will be happy you did!

- a. Is it clear? _____
b. Is it small enough/big enough? _____
c. Is it **SMART**? _____

(Ex. I will run for 30 minutes, 3 times this week on Mon and Wed at 6:30 am, and Sat, at 9 am.)

- **S**pecific
- **M**easurable
- **A**ction-based
- **R**ealistic
- **T**ime-Anchored

- d. Is it **motivated** by values and purpose? _____

Values it supports _____

How it is tied to purpose _____

2. How **MOTIVATED** are you? (1-10?) _____

What are the unspoken motivations for NOT changing?

What will you gain with this habit? (What's your "WHY"?)

3. How **CONFIDENT** are you? (1-10?) _____

What would make you more confident?

4. Do you have the **SKILLS** you need to succeed? _____

Skills, strengths used/needed _____

5. Do you have all the **RESOURCES and TOOLS** you need? _____

6. What **MINDSET** do you choose for this process? (Ex. Calm, Clear, Courageous, Compassionate,

And how will you remind yourself of this mindset when the going gets tough? (focus aid)

7. Do you have a **PLAN FOR OBSTACLES**? (If it is raining I will____ If I get to bed too late I will____)

8. Have you put up “**GUTTER GUARDS?**” (the supports to keep you on track)

a. Socially

Who will support you?

b. Environmentally (I will keep extra gym bag in car; I will turn off email alert; I will not buy chocolate.)

What will you do to decrease the cues that sabotage you and increase cues support you?

9. What is your plan if you do “fall off the wagon?” (Beware all or nothing thinking!)

10. Do you have regular **MEASUREMENT/ACCOUNTABILITY** built in?

11. What is your **CELEBRATION PLAN?**

12. **Are you really all in?????**

If no- just go back through the process and make sure you have a goal that is pulling you forward because it excites you, not a “should” goal. Notice where you feel resistance.

And if yes.....AWESOME!

GO OUT AND WIRE UP A NEW HABIT TO SUPPORT YOUR BEST SELF!

Remember, this is all research to find your best way of living and leading. Practice curiosity and self-compassion! Choose mindsets of resilience and never hesitate to ask for support! I am always happy to answer any questions, take suggestions, or comments! Cindi Ackrill cindi@cynthiaackrill.com 828.777.9730

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