

Habit Shaper

Directions: Take some time to answer as honestly and fully as you can. There is no judgement here. No comparison. No right. No wrong. Take a moment – ask yourself, “What matters to me at this point in my life?”

Name: _____

Date: _____

Exercise: To get crystal-clear about your whys and goals.

Why do I want to build this habit?

My long-term fitness goals are:

- 1.
- 2.
- 3.

What are my running/walking micro-steps (mini goals) for?

Next week?

Next month?

Next ninety days?

Next twelve months?

What is the worst thing about not reaching these goals?

What is the best thing about reaching these goals?

Your Concrete Action Plan

Exercise: Identify one small step you will commit to taking every day.

I am committed to:

My plan A:

When: Exact time of day

Before I:

After I:

Location:

My plan B:

When: Exact time of day

Before I:

After I:

Location:

My plan C:

When: Exact time of day

Before I:

After I:

Location:

Congratulations! You now have concrete plans and three flexible options to help you crush any barriers that may arise...