

Habits That Crept In

Notice the daily habits you never chose, and decide which one to look at.

WHEN TO USE THIS

Use this when you catch yourself doing something every day that you never meant to start.

What do you do every day now that you were not doing a year ago?

Good ones and unwelcome ones both.

1. _____
2. _____
3. _____
4. _____
5. _____

Pick one. When did it start showing up, and what was going on then?

What does that habit give you, and what does it cost you?

WHAT IT GIVES

WHAT IT COSTS

_____	_____
_____	_____
_____	_____

If you kept it but made it smaller, what would smaller look like?

Habits usually show up because something needed handling. That is worth knowing.