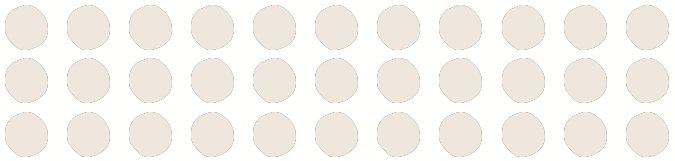
Habit Tracker

Date : _____

Month - 1

Habit :

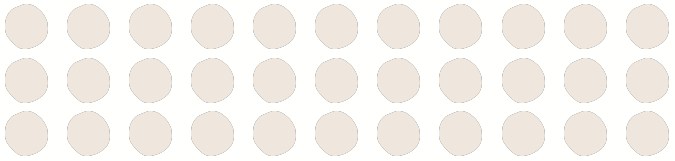


Reward :

Goals :

Month - 2

Habit :

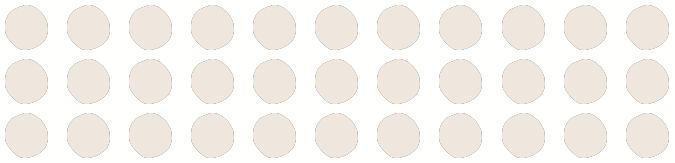


Reward :

Goals :

Month - 3

Habit :

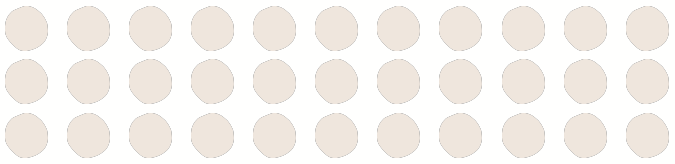


Reward :

Goals :

Month - 4

Habit :

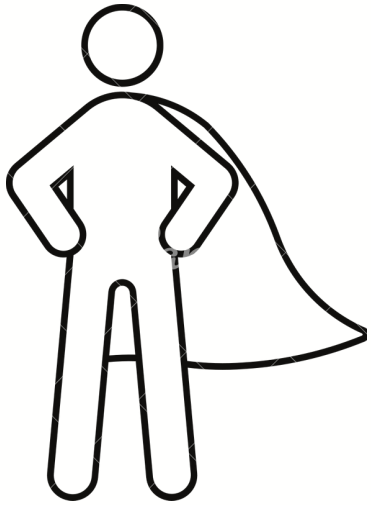


Reward :

Goals :

NEXT BEST VERSION OF YOU

As the seasons change, so should you. At your next level of evolution, you use space differently. Time differently. Money differently.
You even use your cell phone differently.



GIVE YOUR NEXT **IDENTITY A WORTHY NAME**: _____

YOUR CORE **HABITS**:

WHAT YOU **INVEST** IN:

WHAT YOU USE YOUR **PHONE** FOR:

WHAT YOU **DON'T** USE YOUR PHONE FOR:

WHAT CHANGED IN YOUR **BELIEFS**:

WHAT YOU NOW ALWAYS **SCHEDULE** TIME FOR:

WHO YOU NOW **INVEST TIME** WITH:

Breathing in Christ

WHICH OF THESE HABITS ARE YOU MISSING?

Which habits do you already have? Which ones are you missing? Put a check in that box. What stands out the most? Growth is found in the missing habits.

☐

1. Earlier, Lighter Dinner

Closing your kitchen after 6:30 pm gives your body time to digest before sleep, leaving your body refreshed in the AM.

☐

2. Early to bed

Creating a soothing evening routine allows your body to slow down and unwind more effciently. Going to sleep earlier gives you time to recharge to feel energized for the next day.

☐

3. Start the Day Right

Beginning your day with the sun, warm water, and a proper poop allows you to move forward through your day with clarity.

☐

4. Breath Body Practices

Moving and breathing in the morning allows energy to move more freely before the mind takes over. Endorphins before coffee.

☐

5. Plant-Based Diet

Eating more plants makes you feel more alive. Emphasizing plants in your diet gives you nutrient diversity and improves all body function.

☐

6. Self-Massage

Giving yourself a 5 minute body massage awakens your cells and reestablishes your connection to your body.

☐

7. Sitting in Silence

Sitting in silence and doing nothing allows the brain to release stress and anxiety. Don't worry if you're doing it right. Just sit and let the world to by - starting with 5 minutes per day.

☐

8. Healthier Eating Guidelines

Eliminating snacking between meals stabilizes your mood and makes your metabolism more effcient. Drink water between meals and notice the changes in your body, energy, and mood.

☐

9. Come to Your Senses

Inviting awareness to your 5 senses anchors you in your present moment. Cultivating presence reduces your stress levels as a result from living too much in the past or the future.

☐

10. Easeful Living

Focusing on ease instead of stress gives you access to new levels of your relationships, profession, and passions. Imagine what it would be like to live in ease - it is possible for you.

Breathing Christ

Identify Your Habit Triggers

Purpose: to start to recognize our triggers, our habits, and our rewards. There are 5 trigger categories: an emotion, a prior action, the presence of other specific people, a time, and a place. Use this worksheet to start to break down your habit patterns (good or bad).

5 Habit Triggers	Ex. Trigger	Ex. Routine	Ex. Reward
Emotional	Feel frustrated or excited at work.	Get up and eat a piece of chocolate.	The relaxed expanded feeling from chocolate.
Prior Action	After I workout I make a green smoothie.	Make a green smoothie.	The feeling of feeding myself good nutrients.
Other People	Daughter asks me to read bedtime story.	Read a bedtime story.	Have a cozy time together.
Specific Time	Waking up.	Drinking water + pooping.	Get to do yoga.
Specific Place	Sitting at computer.	Checking my email.	Feel connected and on top of things.

5 Habit Triggers	Ex. Trigger	Ex. Routine	Ex. Reward
Emotional			
Prior Action			
Other People			
Specific Time			
Specific Place			