

WHAT ARE YOUR HABITS?

Think about the behaviors you do automatically during each of the time frames below. For each behavior note if the habit helps or hurts you and why.



THE FIRST 20 MINUTES OF YOUR DAY.

examples: hit snooze, drink water, check phone, turn on the news, exercise.



WHILE AT WORK OR SCHOOL.

Examples: sit all day, take breaks to walk, procrastinate, gossip, set daily goals.



LATE AFTERNOON

Examples: Crash the vending machine, have a fourth cup of coffee, take a break to walk.



EVENING

Examples: eat a healthy meal, pur a drink, conversation with family, plow through your food



THE 20 MINUTES BEFORE BED

Examples: read, scroll through social media, drink tea, plan your next day, meditate.



YOUR PHONE

Examples: check it every 10 minutes, keep phone out of bedroom, distraction from family.



HOW YOU TALK TO YOURSELF.

Examples: hate on my body, think negative thoughts about myself, remind myself that I rock.