



A GUIDE TO HABITS

Look back at your answers from the Self-Control chapter and look at the areas you are hoping to make changes in. What are specific habits you would like to change?

To understand what triggers them and how to change them, begin by understanding the thought process you go through as it unfolds. When do you do that thing you don't want to do? What feelings do you have right before and right after? Who are you with? Where are you and what are you doing? What lies do you believe? Track this for a week to see the situations that might trigger the habits.

1. TRIGGER

What sets you on autopilot? *Ex: Vivi going to bed.*

2. PROCESS

What steps do you take to get to the desired result? *Ex: Eat chocolates and work from couch.*

3. DESIRED RESULT

What feeling am I trying to reach? *Ex: Me time. Reward for taking care of an active toddler.*

4. ACTUAL RESULT

What is the reality of what happens? *Ex: Sweets addiction and unfocused work.*

5. REPLACED PROCESS

What steps can you do instead that will bring your desired result without the actual result? *Ex: Stretch for a few minutes and pray. Refocus my mind and remind myself my best work is done at my desk...away from the chocolates. :)*

HABIT 1:

Trigger:

Process:

Desired Result:

Actual Result:

Replaced Process:

HABIT 2:

Trigger:

Process:

Desired Result:

Actual Result:

Replaced Process:





HABIT 3:

Trigger:

Process:

Desired Result:

Actual Result:

Replaced Process:

What is your keystone habit? What areas of your life does it effect?

What small changes, if practiced daily, will have a huge impact on your life? *Remember the compound effect and cake analogy.*

O U T O F Y O U R B O O K :

I N T O Y O U R L I F E :

A P A R T O F G O D ' S P L A N : *Ask the Lord to give you understanding as you try to get the root of any bad habits.*

T H E F I N I S H I N G S C H O O L

