



transformational HABITS



HOW TO USE THIS TOOL

BUILDING POSITIVE SUCCESS HABITS IS ESSENTIAL TO THE REALIZATION OF YOUR GOALS. THE ROADMAP OF YOUR LIFE IS SHAPED BY WHAT YOU DO ON A CONSISTENT BASIS. EACH DAY, THESE HABITS (BOTH POSITIVE & NEGATIVE) ARE WHAT HAS THE GREATEST IMPACT IN TRANSFORMING YOUR LIFE. USE THIS WORKSHEET TO HELP YOU NAME A GOAL (WHO YOU WANT TO BE OR SOMETHING YOU WANT TO ACHIEVE IN YOUR LIFE) AND USING THAT AS YOUR NORTH STAR, IDENTIFY THE HABITS YOU NEED TO SHIFT OR ADOPT IN THE JOURNEY TOWARDS BRINGING THIS VISION TO LIFE. USE THE SPACE PROVIDED TO DETAIL WHAT YOUR TRANSFORMATIONAL HABITS ARE

goal VISIONING

.....WHAT DO I SEEK RIGHT NOW? · WHAT IS MOST IMPORTANT TO ME?.....

.....HOW WILL I ACHIEVE THIS?.....

DAILY ACTIONS TO SUPPORT WHO I AM BECOMING...

START DOING

DO LESS OF

KEEP DOING

STOP DOING

DO MORE OF

ROADMAP TO transformation

