



HEALTHY GREEN ATHLETE PRESENTS:

# THE HEALTHY GREEN HABIT CHALLENGE



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# Step 1: Identify your goals.

Answer the questions below to help inform how your daily actions are helping or hindering your personal goals.

**What is your LONG-TERM VISION for yourself? (What will you work toward over the next 5-10 years?)**

**What are your SHORT-TERM GOALS? (What will you work toward over the next month?)**

**What DAILY ACTION(S) do you need to do in order to achieve your long-term vision?**

**What DAILY ACTION(S) do you need to do in order to achieve your short-term goals?**



# Step 2: The habit audit.

## Instructions

The purpose of this exercise is to look at your current habits (good, bad and neutral) and identify which ones are serving you and which ones are not. Once you've listed out each habit that you do on a daily basis, then you'll assign a rating to each based on how they serve you.

Here's how you will rate each habit:

- Mark with a "+" if that habit is something that will help you achieve one of your goals from the previous page.
- Mark with a "-" if that habit is something that will interfere with you achieving one or more of your goals from the previous page.
- Mark with a "=" if that habit is neutral, meaning that will neither help or hinder your success in achieving one of your goals on the previous page.

Once you've assigned a rating, you can choose which of these habits to keep, and which ones to break so that you can make room for actions that help you achieve your goals.

Daily Habits	+, - or =



# Step 3: Track your habits

On the next page, I provide you with a Habit Tracker worksheet to track up to 5 actions that you'd like to turn into habits. See instructions and example below.

**Action:** Identify a specific action that you're going to work toward becoming habits and write those in the "action" boxes below. You can use the results from *Step 2: The habit audit* to reveal some actions you'd like to work on or use the actions that you've identified in *Step 1: Identify your goals*. These actions can be either to DO something, or to refrain from doing something. Each day that you complete that action, you will cross it off on the action tracker on the right side of your worksheet.

**Cue:** Then think about what will happen immediately before that action to cue it up and write that in the "Cue" boxes. This could be a habit that you already have in place, or it can be a time of day, a feeling that comes up, or upon entering a specific room in your home.

**Goal:** How many days in a row are you going to complete this action? A habit often forms when you complete an action 21 days in a row so that may be a good starting point. However, if this is an action that may be difficult to do every single day for 21 days, then give yourself some grace and flexibility. For example, you can set a goal to complete this action at least 17 out of the next 30 days. That way you're giving yourself some flexibility to start. And then you can challenge yourself a bit more for the next phase by increasing the goal to 25 out of 30 days.

**Reward:** Once you've set your goal, decide what your reward is going to be for achieving that goal. Your reward should be incentivizing enough so that it challenges you to stay on track. Most importantly, choose a reward that you wouldn't already be giving to yourself if you don't achieve your goal. In other words, if you do not achieve your goal then you do not receive your reward! You can save it for the next time you try.

Here's an example:

Habit 1	Action	JOURNAL FOR AT LEAST 10 MINUTES EVERY MORNING.
	Cue	UPON SITTING AT MY DESK, AFTER WALKING THE DOG AND GRABBING A CUP OF COFFEE.
	Goal	I will complete this action <u>17</u> out of the next <u>21</u> days.
	Reward	ADD \$15 TO MY STARBUCKS APP ACCOUNT.



# Habit Tracker Worksheet

1	Action	
	Cue	
	Goal	I will complete this action ____ out of the next ____ days.
	Reward	

2	Action	
	Cue	
	Goal	I will complete this action ____ out of the next ____ days.
	Reward	

3	Action	
	Cue	
	Goal	I will complete this action ____ out of the next ____ days.
	Reward	

4	Action	
	Cue	
	Goal	I will complete this action ____ out of the next ____ days.
	Reward	

5	Action	
	Cue	
	Goal	I will complete this action ____ out of the next ____ days.
	Reward	

DAY	ACTION				
	1	2	3	4	5
1					
2					
3					
4					
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