



Creating New Habits

You've dreamed big, set goals, and taken an honest look at your own skills, knowledge, and self-talk.

Now we are going to set the gears in motion that will get you where you want to go. Habits - The little things we do every day that shape the course of our lives.

Let's dive in!

- 1 First, write in your Focus Area (the subtopic you identified in the goal setting worksheet):
- 2 Brainstorm activities you can do to improve this area:
- 3 Choose one activity from your list above (*Ask this question: what will make everything else easier or unnecessary?*):
- 4 How can you make this new activity easy to start forming into a habit? (*For example, if you want to ride 3 days a week, make it easy by making your objective to go to the barn.*)
- 5 What can serve as a cue, a reminder, to get you doing this activity?
- 6 How can you reward yourself at the end?
- 7 Now, **start tracking your progress**. Simply put a big X on every day that you do your new habit. (*You can find this habit tracker in each "Monthly Check-In" page in your Journal*)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|--------|---------|-----------|----------|--------|----------|
| Week One | | | | | | | |
| Week Two | | | | | | | |
| Week Three | | | | | | | |
| Week Four | | | | | | | |

**Feel free to repeat this exercise for your other goals and habits you want to create, but be careful! I wouldn't advise doing more than three or you may become overwhelmed. We can all be over-achievers in moments of motivation, but setting yourself up for daily, consistent success is what's important.*