

Action Checklist

WEEK 1 OF 4

Lesson 1

Decide the type of person you want to be by asking yourself these questions:

- Who is the type of person who can achieve the outcomes that you want?
- Who do you want to be?
- What values do you want to stand for?
- What principles are important to you?

Determine one habit that casts a small vote for becoming that type of person.

Fill out the Lesson 1 template on Page 14 of this workbook.

Lesson 2

Determine a scaled-down, two-minute version of the habit you chose in Lesson 1.

Fill out the Lesson 2 template on Page 15 of this workbook.

Lesson 3

Determine the decisive moment for your habit.

Using the information you gathered about your decisive moment, create an implementation intention that is specific and clear. The implementation intention formula is: "I will [BEHAVIOR] at [TIME] in [LOCATION]."

Fill out the Lesson 3 template on Page 16 of this workbook.