



HABIT FORMING

Scorecard



IF YOU WANT TO SHIFT WHO YOU ARE OR HOW YOU SHOW UP IN THE WORLD, DON'T START WITH GOALS. START WITH YOUR HABITS.

ARE YOUR HABITS EFFECTIVE?

CHANGE YOUR HABITS. CHANGE YOUR IDENTITY. YOUR IDENTITY IS SHAPED—PARTLY OR EVEN ENTIRELY BY THE THINGS YOU DO EVERY SINGLE DAY, OFTEN WITHOUT EVEN REALIZING IT.

HABITS AREN'T *GOOD* OR *BAD* BY NATURE. THEY'RE *EFFECTIVE* OR *INEFFECTIVE*, DEPENDING ON YOUR GOALS AND WHO YOU'RE TRYING TO BECOME.

- **CHECKING YOUR PHONE** FIRST THING MIGHT HELP YOU CONNECT WITH LOVED ONES—OR IT MIGHT SPIKE YOUR ANXIETY.
- **WATCHING TV BEFORE BED** MIGHT HELP YOU UNWIND—OR IT MIGHT TRASH YOUR SLEEP.

THERE'S NO ONE-SIZE-FITS-ALL. BUT FOR MOST PEOPLE, **THE BIGGEST OPPORTUNITIES FOR CHANGE** ARE FOUND IN THEIR **WAKE-UP AND BEDTIME ROUTINES.**



STEP 1: OBSERVE WITHOUT JUDGMENT ROUTINE

THE FIRST STEP IN CHANGING A HABIT IS SIMPLY IDENTIFYING IT. THAT'S WHERE YOUR HABIT SCORECARD COMES IN. START BY BREAKING DOWN A SHORT PART OF YOUR DAY IN PAINFULLY SPECIFIC DETAIL. IMAGINE YOU'RE PROVIDING AN ALIBI FOR A CRIME YOU DIDN'T COMMIT. EVERY STEP. EVERY SCROLL. EVERY SIP. EVERY SOUND.

EXAMPLE: WAKE-UP ROUTINE

- 6:25 AM – ALARM ON PHONE GOES OFF (OCEAN SOUNDS). SNOOZED.
- 6:35 – ALARM AGAIN. PICK UP PHONE, CHECK NOTIFICATIONS.
- 6:36 – RESPOND TO TEXTS. CHECK EMAIL.
- 6:43 – BATHROOM WHILE SCROLLING INSTAGRAM AND FACEBOOK.
- 6:50 – WEIGH SELF AND RECORD CHECK-IN.
- 6:52 – DRINK WATER. HEAD OUTSIDE FOR WALK WHILE LISTENING TO TRUE CRIME PODCAST.
- 7:05 – MAKE SMOOTHIE: PROTEIN POWDER, MILK, BANANA, CHIA SEEDS.
- 7:08 – SHOWER (MUSIC ON).
- 7:18 – SHAVE, DO HAIR AND MAKEUP (MUSIC STILL ON).
- 7:25 – GET DRESSED....

DO THIS ALL THE WAY UNTIL YOU LEAVE FOR WORK—OR UNTIL YOUR DAY'S "NEXT PHASE" STARTS.

STEP 2: SCORE IT

NOW, ASSIGN EACH HABIT A SYMBOL:

- "+" = EFFECTIVE. ALIGNED WITH WHO YOU'RE TRYING TO BECOME.
- "-" = INEFFECTIVE. MISALIGNED OR NEEDS IMPROVEMENT.
- — "=" = NEUTRAL. JUST SOMETHING YOU DO.






WHAT'S NEXT?

**START WITH YOUR MORNING AND BEDTIME ROUTINES.
THEN STEP BACK, LOOK AT THE PATTERNS, AND ASK:
ARE MY HABITS HELPING ME BECOME WHO I WANT TO BE?
WHEN YOU'RE READY, WE CAN WORK TOGETHER TO
UPGRADE THE ONES THAT AREN'T.**



Want to Learn More?

Contact me with "Habit Forming" and I'll help you craft a personalized daily habit optimization guide for you.

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