

The Super Easy Personal Power Habits System

Be intentional to change and get the results you want! Use this system for 30 to 90 days.

1. What goal do I truly want? Decide it is happening.
(A goal is not a feeling - you can have any feeling now.)

2. What outcome (benefits) do I want from my goal?
What 3 or 4 things will I be able to do, be, have?

- 1.
- 2.
- 3.
- 4.

3. Which one new habit will help me achieve my goal?

4. Which existing routine will my new habit follow?
What is my new habit routine? (Be specific)

"After I _____"

then I'll _____"

5. a) What obstacles could prevent me from practicing my habit?

5. b) How will I deal with these obstacles?

6. What is my reward for successfully completing my new habit? When will I reward myself?

7. I will start my new habit on (specific date):

8. My daily declaration is... _____

Examples: "Every day, in every way I'm getting better and better"; "I am calmer/stronger than ever"; "I can do it!"; "I like myself."

(Option: Tap as you repeat your declaration 3 to 4 times in front of a mirror at least twice daily).

9. I commit to saying my declaration and visualizing my desired outcome daily. (See answers to # 2.)

10. I commit to doing my new habit daily. No exceptions!

11. I commit to persisting with my new habit so it is automatic and I feel uncomfortable not doing it.

12. I commit to sharing this plan AND weekly email updates with this supportive person:

30 Days to Success! Track Daily:

D – Declaration V – Visualization H – Habit

| Day | D | V | H | Day | D | V | H |
|-----|--------------------------|--------------------------|--------------------------|-----|--------------------------|--------------------------|--------------------------|
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