

Questions to Affirm My Habits

Habit I Want To Build:

1 What small actions can I take right now?

2 Are you willing to commit to your new habit for a month?

3 If you do this habit everyday, what change will you see?

4 Does your new habit have meaning in your life?

5 Does pain of not doing it outweigh the fear of doing it?

6 Can you make your new habit a 2 - 5 minute action instead?

7 When will you make time?

8 How will you hold yourself accountable?

9 Can you create yourself a small success journey?

10 How will you make sure you don't forget?