

Habit Shift Worksheet

This worksheet is for those moments when you've given your best advice, offered support, and watched someone stay stuck in the same cycle. If you've found yourself frustrated, irritated, or emotionally drained - this tool is for you. Instead of focusing on who won't change, it's time to focus inward and build habits that reflect the version of you that's healing, whole, and walking in purpose.

These prompts will help you reflect, reset, and start building habits that actually stick - not just for them, but for you.

Remember, transformation is easier and more sustainable with accountability. Consider who you can invite to check in with you regularly, and support you as you grow.

Section 1: The Real Reason Behind the Habit

What is a pattern or frustration that keeps repeating in your life?

Section 2: The Vision - Who Do You Want to Become?

Write three words that describe who you want to be in 3 to 6 months. Then describe what your day would look like if you were already living as that version of yourself.

Section 3: Habit Anchor

Fill in the blanks: After I [existing habit], I will [new habit]. Example: After I drink my morning tea, I will journal for 5 minutes.

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Section 4: Habit Motivation

Why is this habit important to you right now? What are you ready to release or embrace?

Section 5: Positive Reinforcement

Fill in the blanks: After I [complete the habit], I will [healthy reward]. Example: After I journal, I will listen to a worship song.

Section 6: What Might Get In the Way?

What obstacles might come up? What will you do instead when those challenges arise?

Section 7: Your Personal Affirmation

Write a personal affirmation to support your shift: I am becoming... I have the discipline to... I release...

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You're not alone. Let's walk this out together.

3-Week Habit Tracker

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