

SUCCESS HABIT BUILDER

Since you can't change what you're not aware of, use the graphic below to explore what may be keeping you from tending your goals and creating new habits for success.

*"Motivation is what gets you started.
Habit is what keeps you going."*
-Jim Rohn

DEVELOP AWARENESS

MAKE A DECISION

GET RESULTS

List unsupportive habits, thought patterns, situations, relationships, distractions/avoidances, nonessential tasks or activities, or unresolved issues.

Are you ready to let go, cut down or delegate to someone else? If yes, when? (Be specific)

What actions are you ready to commit to in order to direct more time and energy towards your goals?

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