

RESOURCES

Activity 1

Seven Steps to Good Habits

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MY NEW HABIT

1. **Identify:** Recognize a need, a lack, a problem.
2. **Understand:** Expand your mental map of how you want to change.
3. **Commit:** Make a personal decision to “go for it.”
4. **Plan:** Work out a roadmap to victory.
5. **Act:** Put your plan into action.
6. **Self-monitor:** Regularly check how you are doing.
7. **Persist:** Stay with it.