Seven Steps to Good Habits

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.