

GOOD HABITS SUCCESS PLANNER

Create an effective plan of attack for reaching your goals



STEP 1: THINK IT THROUGH WORKSHEET

Use this worksheet to help you think through:

- What you're really hoping to achieve and why
- What success will look like
- What people and resources can help you succeed
- What obstacles may sabotage your resolve and how to overcome them
- How to motivate and reward yourself to ensure continued success

ANSWER THE FOLLOWING IN THE SPACE/S PROVIDED:

Who do you hope this challenge will help you become? (Examples: A calmer person, a more confident woman, etc.):

List 3 adjectives that describe how that person will be different from the person you are today:

How will this challenge help you become that person?

What are the negative consequences of quitting the challenge or skipping some of its elements?

What will be your tangible short-term reward for engaging in each of these new habits? (see Progress & Rewards page for suggestions)

What is required in order to receive a short-term reward?

What will be your tangible long-term reward for successfully completing the 10-week challenge? (aside from success!)

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Worksheet page 2



What is required to consider the challenge successfully completed?

What visual cues or reminders will you use to help you stay on track? (see Motivation & Inspiration page for suggestions)

What person/people is/are likely to encourage you or assist you in this challenge?

What person/people may sabotage your efforts, either intentionally or unintentionally?

Think back on your previous attempts to create a more orderly environment? What were some of the obstacles you faced that may arise again this time? List them.

How might you overcome those obstacles this time? What has helped in the past? How can you make tasks you dislike doing more enjoyable or less distasteful? (Examples: turn on music, make it a game, etc.)

If I get derailed at any point along the way, I will try to get myself back on track by:

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STEP 2: CHALLENGE CONTRACT

This is a contract between you and yourself ONLY. EasyPeasy Living's only role is to offer you encouragement and support. Use the worksheet you completed in Step 1 to fill in the blanks of this contract. Then print it out and hang it in a central spot where you will see it every day. Sign it if desired to feel more committed. Reciting it aloud to yourself each day is a great way to reinforce your commitment.

I, _____ have opted to join the 10-week Good Habits Challenge to help me become a _____.

Completing this challenge will help me to be more _____, _____, and _____ than I am now. Quitting the challenge before it is over or skipping any of its elements will result in _____.

I'll receive a short-term reward of _____ whenever

I _____

and if I successfully complete the challenge, I'll receive _____ as my long-term reward in addition to the sweet taste of success! I'll know I've completed the challenge because _____.

I'll use _____ as visual cues to help me stay on track and will turn to _____ for encouragement when I start to flag from this commitment.

I'll keep vigilant for times when _____ or

_____ threaten to derail my determination and will overcome such obstacles by _____.

If at any point, I find myself getting off track, I'll _____ to help me get back on..

Signature

Date

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STEP 3: PROGRESS & REWARDS CHART

Each time you engage in a new habit, you are building a more orderly lifestyle for yourself, not only by establishing the current habit, but also by strengthening the foundation upon which to add the next one. Rewarding yourself for your continued progress is a key element in propelling you forward, so don't skip this step! Just make sure to pick a reward that isn't going to undermine your current goals. (If you struggle with clutter, for instance, a purchase may not be a wise reward unless you also get rid of something in its place.)

First consider a short-term reward to keep you motivated. Some examples:

Engaging in an activity you enjoy

A special treat or small purchase

A small gift card or money to use later (perhaps at the end of the challenge)

Then determine the benchmark you must meet to earn the reward. For example, sticking to each new habit for an entire week, or repeating the habit five consecutive times, etc. Below is a chart you can use to help you mark your progress by day, or you can create your own chart so that you'll know when you've earned a reward.

| | | S | M | T | W | Th | F | S |
|--------------------------|---------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| My short-term reward is: | Week 1 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 2 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I will earn it when: | Week 3 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 4 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My long-term reward is: | Week 5 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 6 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I will earn it when: | Week 7 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 8 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 9 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| _____ | Week 10 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Remember: Imperfect progress is still progress. Don't quit until you're done!

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STEP 4: MOTIVATION & INSPIRATION

Over this next ten weeks you're bound to experience moments of apathy toward your stated goals. It's important to prepare for that ahead of time with some inspirational quotes, reminders of when you've succeeded in the past and what victory will feel like.

Quotes:

Below are some inspirational quotes. To find more, do an internet search of quotes by a famous person you admire, or ask a mentor to share one of their favorite quotes or the motto they try to live by. Use internet search terms like 'inspiring quotes' or 'motivational quotes'. If you find a quote that inspires you, dig a little deeper to learn about the person who said it. What advice might you glean from their example?

"Don't watch the clock; do what it does...Keep going." -Sam Levenson

"Fall down seven times. Stand up eight." -Japanese proverb

"Every action you take is a vote for the type of person you wish to become." -James Clear

Add some of your own below:

Affirmation:

Pretend you've already successfully completed this challenge. Now write at least 3 affirmative statements about yourself and who you have become by merely showing up every day to get the results you desire. Read these statements out loud to yourself every day until you believe them.

Reflection:

Think about your past victories (even the smallest of victories counts). What did you learn from that experience that might help you succeed in meeting this challenge? Write at least one piece of advice to your future self on overcoming obstacles, staying motivated, or remaining persistent and consistent over the long-term. Remind yourself that you are already a successful person!

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Motivation & Inspiration Cont'd.



Accountability Partner/s:

It's helpful to have a trusted friend to help keep you accountable to yourself when you don't feel like doing what you're supposed to do. Consider [signing up for weekly check-in texts or email](#) from EasyPeasy Living if you haven't already. You won't be required to reply to these messages, but they can act as a gentle reminder when you need a nudge. It's also an opportunity to ask for some additional support or celebrate your achievements with us along the way.

Maybe a friend or relative, such as the encouraging person you named in your worksheet, would make a better accountability partner for you. Ideally this will be someone whom you trust, so that you will be honest with them about your performance and who will, in turn, offer you constructive feedback, positive support and helpful suggestions when you are struggling. Arrange a specific time, frequency and method for regularly reporting your progress (or lack of it) to them and asking for encouragement and positive reinforcement when you need it.

Write the name/s of your accountability partner/s below:

Perhaps you know someone who would like to do the Good Habits Challenge with you. You could keep each other accountable! Go ahead and share this signup link with them: <https://bit.ly/2LzNOYn>

Are you hoping to achieve any other goals in 2021?

Use this planner to help you reach your dreams, no matter what they are!

Best wishes for a happy, healthy and productive new beginning!