

# Habit Inventory Scorecard

This exercise is designed to help you create awareness of your current habits, and how they are either helping or hurting you in becoming who you want to be.

## Step 1 How would you describe the person you want to become?

Example: I want to be a loving mother who focuses on serving her family's needs; a physician centered on providing excellent care to my patients; a financially responsible person who spends less than she earns, avoids debt, and invests in the future.

**I want to be...**

## Step 2 What are your daily habits?

Use the table on the next page to list your daily habits. Start with waking up in the morning and work forward until going to bed each night.

## Step 3 Evaluate your list of habits.

Review your habit inventory and mark each based on whether it is helping you to become the person you want to be (+), hindering you from being the person you want to be (-), or having no effect on it at all (|).

You may also want to describe why you believe the habit is having the effect on who you want to be.

| Daily Habit     | Effect | Why                                      |
|-----------------|--------|--|
| Wake up at 5 am | +      | Getting up early allows me to read more. |

| Daily Habit | Effect | Why |
|-------------|--------|-----|
|             |        |     |

\*\*\*To learn even more about the power of habits in changing your life read Atomic Habits by James Clear\*\*\*