

# Life-Long Habit Worksheet

## ***The Life-Long Habit Rule***

**Step 1:** Remind yourself that a habit will only last a lifetime if it is aligned with your core beliefs.

**Step 2:** Identify the behaviours that you are struggling with. Where are there negative emotions or resistance?

**Step 3:** Identify your thoughts about doing the behaviour.

**Step 4:** Identify your disempowering beliefs about that behaviour.

**Step 5:** Choose empowering beliefs to swap in to support your behaviour.

## ***Building New Beliefs***

Your beliefs are like scales. We want to stack weights in your favour to create empowering beliefs.

**Method 1:** Read a book on the empowering belief.

*Example: If you are a pessimist, read 'The Rational Optimist':*

**Method 2:** Speak to a mentor or someone you respect.

**Method 3:** Create a logical argument for the belief.

**Method 4:** Actively seek confirming evidence in your day-to-day experience that confirms your belief.

**Method 5:** Try to alter the behaviour to make it a positive experience.