

## MY FAVORITE FRIENDLY HABIT

*A Written Exercise*



DESCRIBE THE HABIT IN A SHORT PHRASE.

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WHAT SATISFACTIONS OR BENEFITS DO YOU RECEIVE FROM IT?

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WHAT THOUGHT INITIATES THE HABIT PATTERN?

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WHAT ROUTINE DO YOU FOLLOW TO PUT THE HABIT PATTERN IN MOTION?

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WHAT ACTIONS, PHYSICAL OR MENTAL, CONSTITUTE THE HABIT PATTERN?

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WHO SUPPORTS YOU IN THIS ENDEAVOR?

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WHAT OTHER SUPPORT STRUCTURES KEEP YOU MOTIVATED?

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HOW DO YOU FEEL DURING AND AFTER ENGAGING THE HABIT?

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