

BEHAVIOR ANALYSIS

A Written Exercise

Guidelines. Place a check mark (✓) next to the behaviors that describe you. Place a star (☆) next to any behaviors that have become good or bad habits ●

PHYSICAL HEALTH

~ Allies ~

- A good balanced diet
- Eating in a calm environment
- Eating proper amounts
- Regular fasting
- Regular physical exercise
- Taking off an entire day or longer from work each week
- Adequate water/liquid intake
- Good daily personal hygiene
- Daily relaxation periods
- Recreation activities/hobbies
- Good posture
 - When walking
 - When sitting at work
 - When eating
 - When driving
 - When riding in a car or other transport
- Sleep routine
 - Regular hours
 - Proper mattress and pillow
 - Good ventilation, fresh air
- *Add your own:*

~ Enemies ~

- Eating unhealthy snacks
- Excess consumption of sugars
- Excess consumption of salt
- Overeating
- Eating late at night
- Eating while watching the internet/news/social media
- Eating while driving
- Lack of adequate physical exercise
- Lack of enough liquids
- Doing work or watching videos, internet, social media while in bed
- *Add your own:*

~ Substance Addictions ~

- Tobacco
- Alcohol
- Caffeine
- Chocolate
- Sugary sodas, power drinks
- Mind-altering drugs
- Pain medication
- Sleep medication
- Other prescription drugs
- *Add your own:*



MENTAL AND EMOTIONAL HEALTH

~ *Attitude allies* ~

- Optimism
- Kindness
- Generosity
- Calmness
- Acceptance
- Patience
- Contentment
- Friendliness
- Enthusiasm
- Willingness
- Trusting
- Servicefulness
- Gratefulness
- Sense of wonder
- *Add your own:*

~ *Attitude enemies* ~

- Choleric (bad temper, grouchy)
- Complaining
- Prone to guilt
- Blaming others
- Resentful
- Impatient
- Reluctant, unwilling
- Suspicious
- Doubting
- Fearful
- Anxious
- Discontented
- *Add your own:*

~ *Behavioral addictions* ~

- Gambling
- Sex
- Video games
- Internet
- Social media
- Shopping
- Risk-taking
- Procrastinating
- Over-socializing



AT WORK

~ Allies ~

- Ability to concentrate on the task at hand
- Giving each task 100% attention and energy
- Remove distractions before starting
- Bring tasks to completion
- Clean, well-ordered, well-organized work space
- Comfortable and ergonomic equipment
- Work space has proper lighting and air circulation
- Enthusiasm for each task
- Commitment to projects and to the team
- Dealing with problems and obstacles energetically and creatively
- Prioritizing daily tasks
- Interspersing movement and mental relaxation during the work day
- *Add your own:*

~ Enemies ~

- Cluttered work space
- Multi-tasking and losing focus
- Procrastination, putting off unpleasant tasks
- Easily distracted
- Keeping social and news channels open during work
- Responding to non-work-related messages throughout the day
- Answering unrelated phone calls during work
- Doing tasks with a minimum of energy
- Leaving a project, communication network, or team when faced with difficulties or opposition
- *Add your own:*

HUMAN RELATIONSHIPS

Home, Work, Friends

~ Allies ~

- Truthful
- Respectful
- Generous
- Accepting
- Forgiving
- Flexible
- Communicative
- Loving
- Empathetic
- Patient
- Collaborative
- *Add your own:*

~ Enemies ~

- Judgmental/
critical of others
- Jealous
- Possessive
- Disrespectful
- Suspicious
- Closed, non-
communicative
- Mentally rigid
- Competitive
- Argumentative
- *Add your own:*

RELATIONSHIP WITH MONEY

~ Allies ~

- Prudent
- Generous
- Unattached
- Wise investments
- Supporting others
- Supporting causes
- Trusting
- Tithing
- *Add your own:*

~ Enemies ~

- Spendthrift
- Wasteful
- Extravagant
- Miserly
- Parsimonious
- Anxious
- Attached
- Careless
- *Add your own:*



SPIRITUAL PRACTICES

~ *Allies* ~

- Regular practice
- With devotion
- With concentration
- With enthusiasm
- Participate in group meditations, in person and/or online
- Watch spiritual programs
- *Add your own:*

~ *Enemies* ~

- Irregular practice
- Distracted during practice
- Sleepy during practice
- Procrastination
- Lackluster practice
- *Add your own:*

