

HOW TO CREATE A NEW HABIT

A Written Exercise

*There is no evil habit, however strong, that cannot be broken by good company, meditation, and continuous effort to adopt the antidote of a good habit to counteract the evil habit.**

I CHOSE AND COMMIT TO CREATE THIS POSITIVE HABIT:

WHAT BENEFITS DO I HOPE TO EXPERIENCE FROM IT?

THIS IS WHAT I WILL LOOK LIKE AND HOW I WILL FEEL WHEN I'VE SUCCEEDED IN DEVELOPING THIS NEW HABIT.

THIS IS THE AFFIRMATION THAT I WILL REPEAT EVERY DAY VERY CONSCIOUSLY IN ORDER TO ENGRAVE THE NEW HABIT-GROOVES ON ALL LEVELS OF MY AWARENESS.

OTHER THOUGHTS I WILL USE TO TRIGGER THE NEW HABIT PATTERN.

DEMOTIVATING THOUGHTS THAT MIGHT ARISE, AND WITH WHAT THOUGHTS WILL I COUNTER THEM?

PLAN AHEAD. WRITE HERE ALL OF THE PREPARATIONS YOU'LL NEED TO MAKE TO ENSURE THE SUCCESS OF YOUR NEW HABIT.



* Yogananda, "Second Coming of Christ," *Inner Culture* magazine, February 1938.

MY STEP-BY-STEP ACTION PLAN/ROUTINE TO BE FOLLOWED EVERY DAY IN ORDER TO REINFORCE THIS NEW BEHAVIOR.

STEPPING STONES ALONG THE WAY.



SUPPORTIVE ENVIRONMENTS.

MY NETWORK OF SUPPORTIVE FRIENDS.

OTHER RESOURCES THAT CAN INSPIRE AND MOTIVATE ME IN MY NEW ENDEAVOR.

EXPECT SETBACKS AND MAKE A PLAN.

HOW WILL YOU RESPOND MENTALLY?

DESCRIBE THE FIRST STEPS YOU WILL TAKE TO COUNTER THE OLD HABIT WITH A NEW ONE.
