

Planning Habits that Stick	
Are you choosing this change?	
How will you make it easy?	
What are the wins and benefits this change will bring for you? What might those things then lead to?	
How will you get excited about this change so that it feels 'sexy' and you're motivated towards it?	
What tribe do you need to connect to and who do you need to avoid?	
What's the main goal?	
What's the daily process to get there?	
What reward or temptation can you add in the early days?	
How does this fit with who you are or aspire to be? "I am the sort of person who..."	
When is a good time to make sure it happens, what existing habit can you stack this onto?	
Describe the future when this is a part of your normal day, a non-negotiable habit	