

# Healthy Habits Workshop - Questions Handout

## Question 1 - Why Tie Habit to Top Priority

**What's your top priority?**

- Faith
- Family
- Health
- Happiness
- A Purpose
- Something else?

**Answer** \_\_\_\_\_

**What's one reason why your growth could benefit your top priority?**

**Answer** \_\_\_\_\_

## Question 2 - How to Allocate Time

**How can you allocate time to your new habit?**

- Email - Check once per day.
- TV / Video - Watch 1 show per day max.
- Internet / Social Media - Time-box to 10 minutes per day outside of work.
- What else? Games, Shopping, Articles, News, Photos
- Your Own Idea...

**Answer** \_\_\_\_\_

## Question 3 - Which Habits Stick

**What easy habit will you try?**

- Sleep - Read a real book or an eReader before bed.
- Recharge - Two minutes of deep breathing after lunch.
- Eat - Replace one regular junk food with nuts, veg, fruit, etc.
- Exercise - One minute of Squats to start day.
- Your Own Idea...

**Answer** \_\_\_\_\_

Question 4 - How to Make it Automatic

**Cue**

- When will you complete your new habit? **Answer** \_\_\_\_\_
- Where will you complete your new habit? **Answer** \_\_\_\_\_
- What will remind you to complete the habit? **Answer** \_\_\_\_\_

**Reward**

- What reward will I crave immediately after my habit? **Answer** \_\_\_\_\_