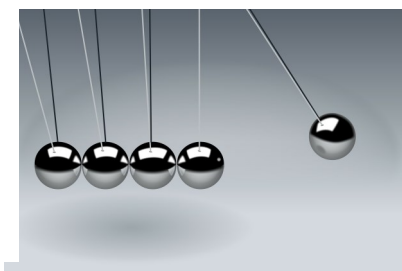




GOAL SETTING

MODULE 9: CHANGING PARADIGMS
HABITS AND MORNING ROUTINE

Action Steps... Getting
closer to reach my
goal



ACTION STEP

Personal Commitments help you stay in track when it comes to habits and routines. These are just some ideas on how to create your Personal Commitment

My Morning Routine:

I will wake up at this time every day:

I will start my morning routine every day by:

One of the first things that I make sure I do in the morning includes the following:

I will have breakfast that is healthy every day. Some ideas for breakfast are:

Some things that I will do in the morning are:

Exercise Commitment

How often do you plan on exercising? How will that make you feel and what do you expect from yourself in order to make that happen.

ACTION STEP

My Day Routine:

During the day I plan to stay focused by _____ and continually energetic. In order to make that happen I will do the following:

My Night Routine:

After finishing up with work I will continue with my routine and do the following:

I will make sure I am set to go for the next day. For that reason, I will do the following:

All of these habits and routines will help me reach my goals because: