

HABIT



SMASHER

WORKBOOK

**Habit Smasher: Copyright ©
The Center For Mind & Esteem Development
Marvin Mack, Life Coach**

Introduction

One of the best ways to beat your bad habits is to create new good ones.

This guide will help you break bad habits AND replace them with good ones.

The primary goal of this guide is to take stock of where you are right now. You need to acknowledge your bad habits and how they are affecting your life.

Only once that is done, can you begin to visualize new powerful habits that can propel you towards your goals.

This workbook is designed to help you with all of that.

You will list your bad habits, their effects and then focus on new practices and the obstacles you may face trying to create them.

By the time you work through this eBook, you will have a real understanding of exactly what you need to do to finally break those bad habits.

Note: Before writing on the original pages, make copies so that you can revisit in the future.

Habit Creation System

Name some habits you have now that might be hindering your success efforts.

Do you want to get fit and lose weight, but just can't resist those donuts in the morning and late snacks? Or, do you procrastinate to the point of turning things (schedules, etc.) in your life into chaos?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

Have you ever lost a job or damaged a relationship because of bad habits (such as procrastination) that you couldn't control?

When bad habits begin to take control of your life and keep you from having the things you desire and deserve, it's time to change them. What habits have been holding you back?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

Do you believe that any of your present habits interfere with your enjoyment of work, family or other situations?

Even working too much can be a bad habit if it interferes with the enjoyment of the job or takes away from valuable time you could be spending with your friends and family. List the habits and explain why they interfere.

[illegible]

Write down 5 habits that could help you reach the success you desire.
Setting the alarm clock earlier than usual so that you can exercise may be one way to lead you to fitness success. Developing good study habits may be a way to earn that degree you've always wanted.

1.

2.

3.

4.

5.

How to do you plan to overcome the obstacles you're sure to face when creating new habits?

Those old triggers to your bad habits come in many forms. There may be obstacles you don't foresee, but think of as many as possible and write them down. Also, write down how you're going to overcome those urges to revert to old habits.

[illegible]

Think of ways you act around people that is a result of a habit you have - either bad or good.

Note the habit and the results you may experience when you get rid of it. When you get enough sleep and exercise, you may become a nicer person to be around. Your relationships and job performance may improve. Write down how creating a new habit might change your persona.

New Habit	How it Will Effect Your Personality

Do you have a plan for how to combat the days when you're tempted to revert to your old habits?

If so, list them to reinforce them in your mind. If not, think about it and write down a plan of attack. You may want to try meditation to pull you out of the doldrums or do something different and out of the norm.

Write down some triggers that can sabotage the new habit you're trying to create. Then, write down some triggers that might help you keep on track. Triggers are the first portion in the loop of habit creation. Try something different to create triggers that help you break a bad habit or create a new one.

[illegible]

--	--

What are some rewards that you'll experience from your new habit?

Without a reward, a habit won't last long. Even some of the bad habits, such as overeating, can reward you with pleasure from the tastes and fullness you experience. Set some short term and long term rewards for yourself during the habit creation process and make them a part of your lifestyle.

New Habit:

Short Term Reward:

Long Term Reward:

New Habit:

Short Term Reward:

Long Term Reward:

New Habit:

Short Term Reward:

Long Term Reward:

Conclusion

Working through this workbook isn't going to magically change your life and habits overnight.

When it comes down to it, that is up to **you**.

This guide will help you take stock of where you are, figure out your bad habits and how they are hurting your life.

It also helped you figure out some new habits you can create to replace your bad ones.

Now you need to take the steps to turn the info in this guide into reality.